

A scenic landscape featuring a calm body of water in the foreground, which perfectly reflects the sky, clouds, and the surrounding environment. A dense line of green trees and foliage borders the water. In the background, majestic mountains with patches of snow are visible under a bright blue sky with scattered white clouds. The overall mood is peaceful and contemplative.

*Philosophy:
A youthful
Contemplation*

-Abhi

Philosophy: A Youthful Contemplation

***“Everything in the universe is handed by balance,
lack of which is the indirect cause of all problems”***

-Abhi

**Look at the forest lake, full of green and blue,
All gleaming in a different hue.**

**Look at the ocean, an endless view,
Beneath the waves, life grows anew.**

**Waves dancing freely, a rhythm untamed,
In their timeless waltz, stories unnamed.**

**From sunrise to twilight, the world comes alive,
A collection of wonders, nature's true archive. -Abhi**

Disclaimer: The views and opinions expressed in this book are those of the author and do not necessarily reflect the official position or endorsement of any institution, organization, or publisher. The author has made every effort to ensure the accuracy and reliability of the information and arguments presented in this book, but does not claim to have the final or definitive answers to the philosophical questions and problems discussed. The author welcomes constructive feedback and criticism from readers and encourages them to explore and evaluate the various perspectives and sources that are relevant to the topics of this book. The author is not responsible for any errors, omissions, or consequences that may arise from the use or misuse of the information and arguments contained in this book. If any infringement is found the author requests to be notified and will take appropriate action to rectify the situation. The author hopes that this book will stimulate and enrich the philosophical inquiry and dialogue among the readers and the wider community.

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Preface

I have always been fascinated by philosophy, the love of wisdom, and the quest for understanding the fundamental questions and problems of human existence. Ever since I was a child, I have wondered about the nature and meaning of life, the origin and purpose of the universe, the essence and value of morality, the source and limits of knowledge, and the role and responsibility of wisdom. I have also been curious about the different perspectives and arguments that philosophers and thinkers have developed and debated throughout history and across cultures, and how they have influenced and challenged the way we think and act.

However, I have also been frustrated by the lack of opportunities and resources to learn and practice philosophy in the formal education system and the mainstream media. I have found that philosophy is often neglected, misunderstood, or misrepresented in the curriculum and the public discourse, and that it is often perceived as irrelevant, boring, or difficult by many students and adults. I have also encountered many obstacles and prejudices when I tried to express and share my philosophical interests and ideas with the people around me who often dismissed or discouraged me as being too young, naive, or pretentious by people who were themselves hypocrites.

That is the reason why I decided to write this book, to share my passion and enthusiasm for philosophy, and to invite and inspire more people, especially young people, to engage and enjoy philosophy. This book is not a comprehensive or authoritative introduction to philosophy, but a personal and exploratory journey into some of the main topics and questions that I find most intriguing and important. This book is not a systematic or academic presentation of philosophy, but a creative and accessible expression of philosophy. This book is not meant to be a final or definitive answer to philosophy, but a starting and stimulating point for philosophy.

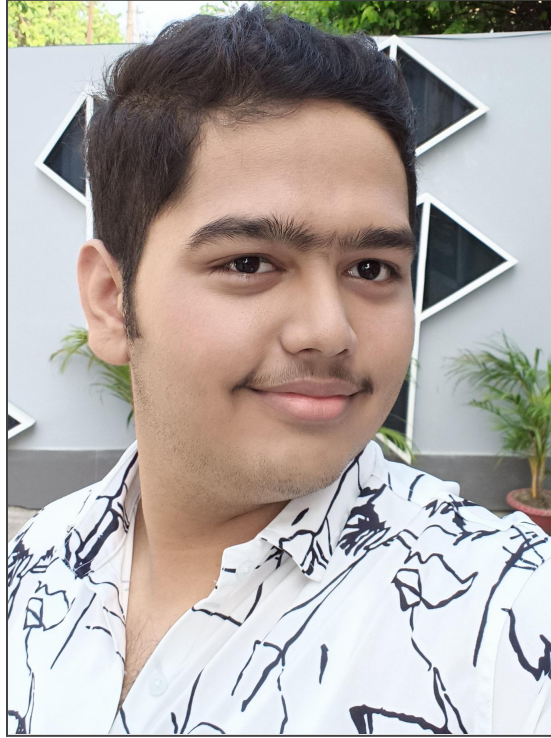
In this book, I will explore and discuss various philosophical issues and concepts, such as reality, truth, logic, ethics, aesthetics, psychology and the complexities of the human mind. I will also introduce and examine some of the influential and diverse philosophical schools and traditions, such as ancient, medieval, modern, and contemporary philosophy, as well as Eastern and Western philosophy. I will also relate and apply philosophy to various aspects and domains of life, such as science, art, literature, music, and our everyday lives.

I hope that this book will spark and sustain your interest and curiosity for philosophy and wisdom, and that it will help you to develop and improve your philosophical skills and habits, such as critical thinking, logical reasoning, clear communication, and open-mindedness. I also hope that this book will encourage and empower you to express and share your own philosophical thoughts and questions, and to participate and contribute to the philosophical community and dialogue. I also hope that this book will enrich and enhance your personal and social life, and that it will enable and inspire you to live a more thoughtful, meaningful, and fulfilling life.

I welcome and appreciate your feedback and comments on this book, and I look forward to hearing and learning from your philosophical insights and experiences. You can contact me at my email address: abhitheinfjwriter@gmail.com

Thank you for reading this book, and I hope you enjoy it as much as I enjoyed writing it.

About the Author



Birth: 30 November 2005

This work was written under the pen name **Abhi**(spelled as *Ab-he*) by Abhinandan Saikia of Jorhat, Assam, India. At the time of this book's publication, he was 18 years old. Despite the young age, it is not an impediment for wisdom has no age and philosophy can be done by all, be it teenagers or adults. What exactly does Philosophy mean to our young philosopher? Abhi was always a distinct child, less childlike than most children, and was intrigued about life's big questions after being inspired by reading insightful stories and hearing tales of old thinkers. The book is titled "Philosophy: A Youthful Contemplation"¹ " since philosophy and wisdom are normally done by adults and are often stereotyped to be something which the elderly do.

¹ Contemplation means the state of thinking deeply or carefully about something, especially in a spiritual or philosophical way.

It is uncommon for people in the same age range as the author to develop a philosophy book. Abhi's wisdom is based on the representation of the importance of philosophy in the complicated modern world, emphasizing the significance of philosophy in daily life. The book also showcases the author's original ideas, quotes, poems and analogies². This book has been written by author Abhi alone, without seeking help from any peer or family member, this was a surprise personal project, ready to be shared to the world and to all familiars. Abhi is also known as the Abhi-The INFJ³ Writer.

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² Analogies are comparisons between one thing and another for the purpose of explanation or clarification. So, Complex topics can be explained using simple analogies.

³ INFJ(Introverted, iNtuitive, Feeling,Judging) personality also known as the advocate, counselor, or idealist, is the rarest personality type in the world. INFJ's often seek out deep meanings and interactions throughout daily life.

CONTENTS

Page number

1. Introduction about Philosophy	11
2. Differences between wisdom and Intelligence	12
3. DIKW pyramid	13
4. Branches of Philosophy	14
5. Everybody contemplates	15
6. Famous philosophical schools of thought	15
• Stoicism	16
• Cynicism	17
• Hedonism	18
• Rationalism	19
• Relativism	19
• Pragmatism	20
• Existentialism	21
• Nihilism	22
• Egoism	22
7. Phenomenology	23
8. About wisdom and ignorance	24
9. The scarcity of wisdom	25
10. History of Philosophy	26
• Thales of Miletus	28
• Pythagoras	30
• Confucius	31
• Gautam Buddha	32
• Protagoras	35
• Mozi	35
• Heraclitus	36
• Parmenides	37
• Democritus	38

● Socrates	39
● Plato	40
● Aristotle	43
● Diogenes	44
● Pyrrho	45
● Epicurus	46
● Zeno	47
● Chanakya	48
● Plotinus	51
● Saint Augustine	53
● Boethius	54
● Adi Shankaracharya	55
● Ibn Sina	57
● Muhammad Rumi	58
● Yi I	59
● Niccolò Machiavelli	60
● René Descartes	61
● Jean-Jacques Rousseau	62
● Immanuel Kant	64
● Jeremy Bentham	65
● Mary Wollstonecraft	66
● Johann Gottlieb Fichte	66
● Fukuzawa Yukichi	67
● Karl Marx	68
● Mahatma Gandhi	70
● Ludwig Wittgenstein	71
● Martin Heidegger	72
● Amartya Sen	73

11. Basic difference between western and eastern philosophy	75
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12.	About good and evil	76
13.	The Philosophy of Balance	86
14.	About Relationships	89
15.	About Overprotective parents	91
16.	About caring	92
17.	The illusion of control	93
18.	About Quality	95
19.	About fear and panic	96
20.	About Perspectives	97
21.	About Information Density	99
22.	Confirmation Bias	99
23.	About Honesty	100
24.	Planning about the future...	102
25.	About the human mind	103
26.	About memories	105
27.	About Generation Gap	107
28.	About Emotions	109
29.	Influence of media in modern life	114
30.	About Beauty and Art	118
31.	About Music	120
32.	About Justice	121
33.	About Freedom	126
34.	About Personality	128
35.	About Peace	133
36.	About Focus, Attention and Observation	135
37.	About self actualization and toxic perfectionism	137
38.	About Stereotypes	140
39.	Defeating Stereotypes	147
40.	About Rumors	148

41.	Philanthropy	150
42.	Kintsugi	153
43.	Complexity Paradox	153
44.	Regret	156
45.	Arguments	158
46.	Interpersonal conflict	162
47.	Materialism vs Spiritualism	165
48.	Degradation, Chaos and Complexities	167
49.	About Suffering	169
50.	About Prejudice	177
51.	About Problems	178
52.	How human ego influences quotes	181
53.	The four destructive evils of the modern world	184
54.	The Grand Philosophical Questions	190
55.	The Samsara of life	196
56.	Bibliography	201

"Humans are born curious"

What is Philosophy?

Philosophy is the study of the fundamental nature of knowledge, reality, morals and existence.

The word "Philosophy" originated from the Greek words *philein sophia* which means lover of wisdom. It is a systematic study of fundamental questions concerning topics like existence, reason, knowledge, value, mind, and truth. Which basically means that Philosophy is the pursuit of wisdom, truth and knowledge.

Philosophy is a thought process,
Not a subject which is to be memorised.

In a broader sense, philosophy⁴ is an activity people undertake when they seek to understand fundamental truths about themselves, the world in which they live, and their relationships to the world and to each other.

Philosophy is ultimately the pursuit of wisdom. Wisdom that shall ensure a better life. -Abhi

"Philosophy is like a growing toddler.

It begins to emerge when a child broadens their perspective and awakens their consciousness." -Chibirb

What is Wisdom?

Wisdom is the ability to use experience and knowledge in order to make sensible judgment. An owl is often depicted as the symbol of wisdom.

Wisdom involves the capacity to discern between right and wrong, to make sound judgments, and to navigate the intricacies of human existence. It is the result of a combination of intellectual, emotional, and experiential growth. Wisdom is not confined to academic pursuits but extends to the realms of morality, ethics, and the understanding of oneself and others.

A wise person possesses a keen sense of self-awareness and empathy, recognizing the interconnectedness of all things and considering the consequences of their actions. They have a deep appreciation for the various

⁴ Philosophy in the modern world is often overlapped with motivation. The difference is, motivation focuses on the good and grand parts of life while philosophy focuses on **everything** in life.

details of human behavior and the complexities of social interactions. A wise person is one who makes the choice which is best for everyone, not just for themselves.

"Science is organized knowledge. Wisdom is an organized life."

-Immanuel Kant

Do not think about wisdom as the ultimate answer to all problems. Think of wisdom as a **formula** for all problems in life. You still have to do your part to get to the answers.

"The final step to achieving wisdom is one's action of changing. A guide cannot help if one isn't willing to listen or follow their advice."

*Wisdom is the light in the dark,
A guide for the journey of life which we walk.
A treasure that we seek and find,
A wealth of experience to enrich the mind.*

-Abhi

"A man may learn wisdom from even a foe" -Aristophanes

What is the difference between Intelligence and Wisdom?

Despite the common misunderstanding, Intelligence and Wisdom are **NOT the same**. It is most certainly **not** two sides of the same coin. Knowledge is knowing *what* to say, wisdom is knowing *when and how* to say.

An intelligent person is not necessarily wise and a wise person is not necessarily intelligent. Intelligence arises from reading books, gaining knowledge, practicing and memorizing. People can have countless degrees but still lack wisdom. Wisdom is gained by moral thinking and deep contemplation⁵.

If Knowledge alone was enough, why is there so much suffering and injustice in the world?

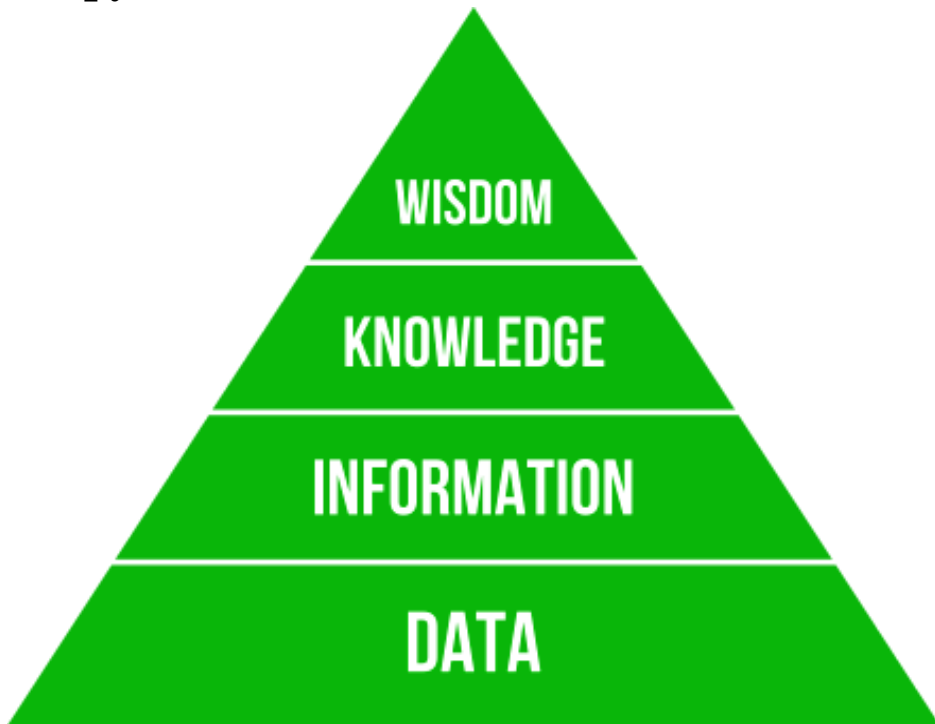
"The world belongs to the intelligent, the universe belongs to the wise." -Matshona Dhliwayo

"Knowing others is intelligence, knowing yourself is true wisdom"
-Lao Tzu

⁵Contemplation can also be interpreted as deep thinking

"The places where wisdom will take you. Intelligence is too shallow to even think about them" -Nathaniel Adebesein

The DIKW pyramid



As shown by the Wisdom hierarchy, also known as DIKW pyramid (data, Intelligence, Knowledge, Wisdom pyramid). Wisdom is the highest form of use of information in this world.

- Data:- The raw facts and statistics are called data.
- Information:- When data is presented with proper context in a proper order to make sense. It is called Information.
- Knowledge:- Knowledge can be said to be the awareness of facts or as practical skills.
- Wisdom:- Wisdom is the ability to use experience and knowledge in order to make sensible judgment and moral decisions.

As shown by the wisdom pyramid, wisdom is the highest form of information a person can achieve in life.

However, in the modern times there is a scarcity of wisdom while knowledge is everywhere. Arrogance and Greed are like a barrier which stops many people from reaching wisdom.

What are the branches of Philosophy?



Philosophy contains 5 major branches- Logic, Ethics, Metaphysics, Aesthetics, Epistemology.

- Logic- Logic can be considered as the study of the laws of thought, correct reasoning, valid inference and logical truth. (Overlaps with science)
- Ethics- Ethics is the branch of philosophy that is concerned with the good and evil nature (morality) of actions and seeks to guide behavior in a way that increases good actions and moral values in society.
- Metaphysics- Metaphysics is the branch of philosophy that studies the fundamental nature of reality and existence.
- Aesthetics- Aesthetics is a branch of philosophy that deals with the nature of beauty and the philosophy of art.
- Epistemology- Epistemology can be said to be the theory of knowledge. It is concerned with the human mind's relation to reality. (Overlaps with Psychology)

Everybody contemplates

"The world as we have created it is a process of our thinking" -Albert Einstein

Human contemplation is an inherent facet of our existence, transcending boundaries of culture, time, and individuality. From the depths of our consciousness, the impulse to contemplate arises, urging us to reflect⁶ upon the fundamental questions of life, meaning, and our place in the universe.

Contemplation is not just for philosophers or intellectuals alone; it is a universal human experience. Every individual, irrespective of background or education, possesses the capacity for deep thought and introspection. Philosophy is not about the ideas, it is *a way of thinking* whether we do it subconsciously or consciously.

Famous Philosophical Schools of Thought

A school of thought (or intellectual tradition) is the perspective of a group of people who share common opinion or perspective of a philosophy, discipline, belief, social movement, cultural movement etc. There are many Modern philosophical schools of thought. Here are short descriptions of some of them

- Stoicism- A type of Philosophy famous in ancient Greece and Rome. It focuses on how to live a good and prosperous life when things go off track from our desires. It is often used by many people in modern times during stressful moments.
- Cynicism- An ancient school of thought based on the principle of the inclination to believe that people are motivated purely by self-interest and not by empathy.
- Hedonism- Hedonism is the idea that happiness and pleasure is the way to good life. It's the idea that fulfillment of desires is the purpose of life.
- Rationalism- Rationalism is the idea that knowledge must arise due to reasoning and thought instead of being a result of existing evidence.
- Relativism- Relativism is the idea that truth is based on opinions and past experience of people. The truth depends on perspective and that *good* and *evil* are concepts created by the human mind.

⁶ Reflection means the process of thinking deeply or carefully

- **Pragmatism:** Pragmatism is a philosophical approach that focuses on the practical consequences and usefulness of ideas and beliefs. It emphasizes the importance of action, experience, and experimentation in determining the value of concepts.
- **Existentialism:** Existentialism explores questions of human existence, freedom, choice, and the meaning of life. It emphasizes individual experience, personal responsibility, and the uncertainty of human existence.
- **Nihilism:** Nihilism asserts that life is inherently devoid of objective meaning or that life is useless. It rejects all other religious or moral concepts by the belief that those are just an illusion.
- **Egoism:** Egoism considers self interest as the foundation of actions and morals. It believes that individuals are primarily concerned with maximizing their own well-being, happiness, and self-fulfillment while having little to no care about others around them. They usually consider themselves to be superior to most people around them.

People have certain principles in their life. Not knowing that their actions and principles can be categorized under the various Philosophical schools of thought.

Now we shall take a look at the schools of philosophy in detail:

Stoicism

Stoicism, a school of Hellenistic philosophy, was founded in Athens by Zeno of Citium in the early 3rd century BC. It's a philosophy of personal ethics informed by its system of logic and views on the natural world.

The central tenet of Stoicism is that we don't have control over and cannot rely on external events; we can only control ourselves and our responses. Stoics believe that by cultivating an understanding of the natural world and our place within it, we can lead a life marked by tranquility and self-control.

Stoicism teaches the development of self-control and fortitude as a means to overcome destructive emotions. It does not seek to extinguish emotions completely, but rather to transform them by a resolute 'askēsis' that enables a person to develop clear judgment and inner calm. Stoicism aims to maintain equanimity in the face of life's highs and lows. For the Stoics, the ideal state of mind, which they call 'apatheia', is one of tranquility, free from disruptive passions or fears. Stoicism teaches us to focus on what we can control — our

actions, responses, and attitudes. It reminds us that **our *perception of events, rather than the events themselves, determines our reality.*** In a world filled with uncertainty and change, the philosophy of Stoicism provides a compass, guiding us towards a life of tranquility, resilience, and virtue. Despite its ancient origins, Stoicism continues to inspire a wide range of thinkers, including philosophers, emperors, and political leaders. Its timeless wisdom offers practical guidance for navigating the complexities of modern life.

Cynicism

Cynicism, originating in the Classical period and extending into the Hellenistic and Roman Imperial periods, is a school of thought in ancient Greek philosophy. The term 'Cynic' derives from Ancient Greek κυνικός (kynikos) 'dog-like'. The term was likely used as an insult for their shameless rejection of conventional manners, and their decision to live on the streets. The philosophy was founded by Antisthenes, a pupil of Socrates, in the late 400s BC. He was followed by Diogenes, who lived in a ceramic jar on the streets of Athens. Diogenes took Cynicism to its logical extremes with his famous public demonstrations of non-conformity, coming to be seen as the archetypal Cynic philosopher.

Cynicism teaches that people are reasoning animals and the purpose of life and the way to gain happiness is to achieve virtue, in agreement with nature, following one's natural sense of reason by living simply and shamelessly free from social constraints. The Cynics rejected all conventional desires for wealth, power, glory, social recognition, conformity, and worldly possessions and even flouted such conventions openly and derisively in public.

In the modern world, the term 'cynicism' often carries a different connotation than its philosophical origins. Today, cynicism is commonly understood as a general distrust of others' motives. Modern cynics are typically *skeptical of the sincerity or goodness of human actions and motives*, often believing that ***people are primarily driven by self-interest.***

This contemporary form of cynicism can be seen as a response to a world that often seems full of contradictions, injustices, and insincerity. It can be a protective mechanism, helping individuals guard against disappointment or disillusionment or betrayal. However, this kind of cynicism can also lead to

disengagement and *apathy*, preventing individuals from taking positive action or believing in the possibility of good changes in the world. It can create a sense of hopelessness or powerlessness, hindering personal growth and societal progress.

Hedonism

Hedonism, another philosophical school emerged in ancient Greece, posits that pleasure is the highest good and the ultimate aim of human life. The term 'Hedonism' is derived from the Greek word 'hedone', meaning 'pleasure'.

The philosophy of Hedonism can be categorized into two main types: psychological hedonism and ethical hedonism. Psychological hedonism suggests that human behavior is driven by the desire to increase pleasure and decrease pain. Ethical hedonism, on the other hand, states how humans should act: people should pursue pleasure and avoid pain.

The earliest and most extreme form of hedonism is that of the Cyrenaics, who argued that the goal of a good life should be the sentient pleasure of the present. This view was later developed and refined by Epicurus, who argued for a more nuanced understanding of pleasure. For Epicurus, the highest form of pleasure was the absence of pain and the attainment of a state of tranquility known as 'ataraxia'.

In the modern world hedonism often refers to pleasure-seeking behavior, indulgence, and the pursuit of sensory pleasures. This interpretation aligns with what is known as 'Folk Hedonism', which is often associated with excess and self-indulgence.

However, the philosophical understanding of hedonism is more nuanced. It suggests that pleasure, in its many forms, is the highest good and ultimate aim of life. This includes not only physical pleasures but also intellectual and emotional experiences.

At the same time, modern interpretations of hedonism also recognize the importance of balance and long-term well-being. They suggest that while pursuing pleasure, we should also consider the potential consequences of our actions and strive for sustainable happiness. In this sense, hedonism in the modern world is not about endless indulgence, but rather about **seeking a balanced and fulfilling life that values pleasure and happiness**. It's about

understanding what truly brings us joy and satisfaction, and making those things a priority in our lives.

Rationalism

Rationalism is another philosophical school that emerged in ancient Greece, stating that reason is the ultimate source and test of knowledge. It holds that reality itself has an inherently logical structure. Rationalists asserted that certain principles exist in logic, mathematics, ethics, and metaphysics that are so fundamentally true that denying them causes one to fall into contradiction. As such Rationalism has been the rival of Empiricism. On the one hand, the rationalists emphasized that knowledge is primarily in-born and the intellect, the inner faculty of the human mind, can therefore directly grasp or derive logical truths; on the other hand, the empiricists emphasized that knowledge is not primarily in-born and is best gained by careful observation of the physical world outside the mind, through sensory experiences.

In the modern world, rationalism continues to play a significant role in various fields, including science, mathematics, and philosophy. It is the foundation of the scientific method, which relies on logical reasoning and theoretical modeling. In science and mathematics, rationalism is reflected in the use of **logical reasoning and deductive methods to derive conclusions from established principles**. Scientists and mathematicians often use rationalist approaches to develop theories, create models, and solve complex problems. In philosophy, rationalism offers a diverse perspective in debates about knowledge and truth of this world. *Logic is like bitter medicine in comparison to the vast flavors of emotion. Sometimes, bitter medicine is necessary to live a healthy life.*

Relativism

Relativism is the philosophical view that denies claims to objectivity within a particular domain and assert that **valuations are relative to the perspective of an observer**. There are different forms of relativism, such as moral, epistemic, alethic, descriptive, and normative. This can be expressed by how *one man's stone is another man's gem*. Which means that different people consider different things to be more useful, so what is useful to one person may not be useful to another.

Moral relativism encompasses the differences in moral judgments among people and cultures. Epistemic relativism holds that there are no absolute principles regarding normative belief, justification, or rationality, and that there are only relative ones. Alethic relativism (also factual relativism) is the doctrine that there are no absolute truths, i.e., The truth is always relative to some particular frame of reference, such as a language or a culture (cultural relativism). Descriptive relativism seeks to describe the differences among cultures and people without evaluation, while normative relativism evaluates the word truthfulness of views within a given framework.

In the modern world, relativism plays a significant role in shaping our understanding of diverse cultures, perspectives, and belief systems. Cultural relativism, for example, encourages us to understand and respect cultural practices and beliefs within their own context, rather than judging them by our own cultural standards. This perspective is particularly important in our increasingly globalized world, where cross-cultural understanding and respect are essential. Moral relativism acknowledges the diversity of moral conduct and ethical beliefs across different societies and cultures. It challenges the notion of a single, universal morality, and instead suggests that moral truths may vary between individuals or cultures. Epistemic relativism, on the other hand, states that our knowledge and beliefs are shaped by our individual experiences and cultural backgrounds. It suggests that what we consider to be 'true' or 'real' may be relative to our specific cultural or personal perspective.

Pragmatism

The term 'pragmatism' is derived from the Greek word 'pragma' meaning 'action' or 'affair'. Charles Sanders Peirce described pragmatism as: "Consider the practical effects of the objects of your conception. Then, your conception of those effects is the whole of your conception of the object" (**the value of an idea lies in its observable practical consequences**).

Pragmatism views language and thought as tools for prediction, problem-solving, and action, rather than for describing, representing, or mirroring reality. It contends that most philosophical topics—such as the nature of knowledge, language, concepts, meaning, belief, and science—are best viewed in terms of their practical uses in life. Pragmatism rejects the idea that there are fixed, absolute truths that exist independently of human experience and instead states that truth is a product of human inquiry, shaped

by our experiences and the practical consequences of our beliefs. In methodology, pragmatism is a broad philosophical attitude toward the formation of concepts, hypotheses, and theories and their justification. In the modern world, the principles of pragmatism continue to influence a wide range of fields, including education, law, and science.

In education, pragmatism has inspired approaches that emphasize practical skills and real-world experiences. It encourages educators to focus on preparing students for active participation in society and the real world, rather than merely sharing abstract theoretical knowledge. In law, legal pragmatism rejects the idea that legal disputes can be resolved by reference to a fixed set of principles or laws. Instead, it argues for decisions based on a careful consideration of their real life consequences. In science, pragmatism underpins the scientific method, which values hypotheses for their testable predictions rather than their correspondence to an assumed reality. It helps to develop an iterative approach to knowledge, where theories are constantly tested and refined based on their practical success.

Thus pragmatism continues to be popular in the contemporary world.

Existentialism

Existentialism is a philosophical inquiry that seeks to understand the meaning, purpose, and value of human existence. Existentialism is concerned with finding self and the meaning of life through free will, choice, and personal responsibility. The belief is that people are searching to find out who and what they are throughout life as they make choices based on their experiences, beliefs, and outlook.

Common concepts include existential crisis, dread, and anxiety in the face of an absurd world. Existentialism would influence many disciplines outside of philosophy, including theology, drama, art, literature, and psychology.

In the modern world, existentialism continues to be a significant philosophical movement that influences various fields. Its emphasis on individual experience, freedom of choice, and personal responsibility resonates with many contemporary issues and challenges faced in the stressful modern life. In literature and art, existential themes are often explored through narratives and artworks that delve into the human condition, grappling with issues of meaning, authenticity, and alienation. Many writers and artists draw on existentialist philosophy to explore the complexities of human existence and the search for identity in the plot of their story. In psychology, existentialist

ideas have influenced therapeutic approaches that focus on helping individuals find **meaning and purpose in life**. Existential therapy, for example, encourages individuals to confront life's anxieties and embrace their freedom to create their own life path. In theology, existentialism has inspired religious thinkers to explore questions of faith, doubt, and the human relationship with the divine from a personal perspective. Existentialism encourages us to embrace the freedom and responsibility that come with our existence, and to seek out *our own unique paths towards meaning and fulfillment in our lives*.

Nihilism

Nihilism is a group of views within philosophy, expressing some form of negation towards life or towards fundamental concepts such as knowledge, existence, and the meaning of life. Different nihilist positions state that human values are baseless, **life is meaningless**, that knowledge is impossible, or that some set of entities does not exist. This philosophy rivals basically all other philosophies by saying that life is meaningless and has no purpose at all.

Nihilism is often associated with the German philosopher Friedrich Nietzsche, who provided a detailed diagnosis of nihilism as a widespread phenomenon of Western culture. Though the notion appears frequently throughout Nietzsche's work, he uses the term in a variety of ways, with different meanings and connotations, all negative in nature. The term nihilism is sometimes used to explain the general mood of despair at a perceived pointlessness of existence or a radical skepticism that condemns existence. A true nihilist, according to Friedrich Nietzsche, would believe in nothing, have no loyalties, and no purpose other than, perhaps, an impulse to destroy. In literature and art, themes of nihilism are often explored through narratives that grapple with existential angst, the absurdity of life, and the meaninglessness of existence. Many writers and artists draw on nihilist philosophy to explore the complexities of human existence and the search for identity.

Many argue that Nihilism leads to a kind of moral and intellectual vacuum, where nothing matters and all evil is permitted. Nihilism can also cause apathy, preventing individuals from taking positive action or believing in improvement.

Egoism

Egoism is a philosophical doctrine that emphasizes the role of the self, or ego, as the motivation and goal of one's own action. It is derived from the Latin term "ego", which means "I" in English. Egoism is often contrasted with altruism, which holds the criterion of morality to be the welfare of others. Self care and self preservation is one thing and that is certainly essential but **considering oneself to be far superior to others** is what ego means. This can also be considered the opposite of humbleness, kindness and empathy. Egoism has two types: descriptive and normative.

Descriptive Egoism, also known as psychological egoism, is a factual description of human affairs. It suggests that people are motivated by their own selfish interests and desires, and they cannot be motivated by anything else.

Normative Egoism states that people should be motivated by their own interests, regardless of what presently motivates their behavior. This variant is further divided into three types: ethical egoism, rational egoism, and conditional egoism

1. Ethical Egoism is the belief that moral decision making should be guided entirely by self-interest. It is often contrasted with psychological egoism, the empirical claim that advancing one's self-interest is the underlying motive of all human action.
2. Rational Egoism refers to the belief that it is rational to act in one's self-interest.
3. Conditional Egoism refers to the idea that people should pursue their own interests but under certain conditions.

Excess egoism is not recommended for if people were purely selfish then the world would become a worser place and apathy would increase.

Ego is like fire, in lesser quantities it is useful, it provides warmth during the cold. In excess quantities, the fire called Ego is destructive, it burns everything around it and ultimately burns itself. -Abhi

"Asking for help does not mean you are admitting to be weak, it means you refuse to give up"

Phenomenology

Phenomenology is a philosophical movement with the primary objective of directly investigating and describing phenomena as consciously experienced. Phenomenology is about the study of subjective experience and consciousness. The essence of things, according to phenomenology, can only be understood through the way they appear to us in experience, rather than logically analyzing their objective properties or functions.

Phenomenology seeks to investigate the universal features of consciousness while avoiding assumptions about the external world. It aims to describe phenomena as they appear to the subject, and to explore the meaning and significance of the lived experiences. This approach has found many applications in qualitative research across different scientific disciplines, especially in the social sciences, humanities, psychology, and cognitive science.

There are several types of phenomenology include:

1. **Transcendental Phenomenology:** Developed by Edmund Husserl, this type of phenomenology investigates how objects are constituted in transcendental consciousness.
2. **Existential Phenomenology:** Developed by philosophers such as Martin Heidegger and Jean-Paul Sartre, this type of phenomenology focuses on the relationship between consciousness and freedom.
3. **Hermeneutic Phenomenology:** This type of phenomenology focuses on making meaning of experiences as they are lived.

In short, phenomenology is the understanding of phenomena as they appear to us in our life experiences, rather than focusing on their objective nature.

About Wisdom and Ignorance

"Ignorance is always afraid of change" -Jawaharlal Nehru

Wisdom is the ability to use experience and knowledge in practical matters. Ignorance is the lack of knowledge and could also be considered as the desire to not learn. Ignorance often results because of our human fear of

changing but alas! Life itself is changing. Ignorance is usually considered the opposite of wisdom and that is true in many situations *but* is ignorance really a bad thing?

"Ignorance is bliss" because if you are unaware of an unpleasant fact or unpleasant situation you cannot be troubled by it. This is why Ignorance is important in many situations. Imagine an irrational argument, it would perhaps be better to ignore and forget what happened instead of trying to get involved and ruin your mood. Ignorance (to unnecessary distractions) makes life feel better and more optimistic,

Ignorance (to important and reasonable matters) is a bad thing and one should try to avoid doing that. This type of ignorance can result in arrogance and foolishness. The author of this book would probably state it as:-

Knowledge is like the stars in the night sky, Ignorance is like the clouds that cover the night sky. Clouds cannot hide the fact that stars exist.

"Awareness is empowering"-Rita Wilson

"Innocence can be naive but to learn the opposite side, will increase one's immunity to the intense feeling towards the putridity of this world."

-Chibirb

"We cannot improve our awareness when one's curiosity stops."

-Chibirb

About the Scarcity of Wisdom

In the modern age, knowledge is everywhere and it is considered as something essential for a successful future. As such there are numerous schools and Universities everywhere so that people can gain knowledge and train themselves for their future. Technology and online computer services make it even easier to get more knowledge when needed with merely a text search.

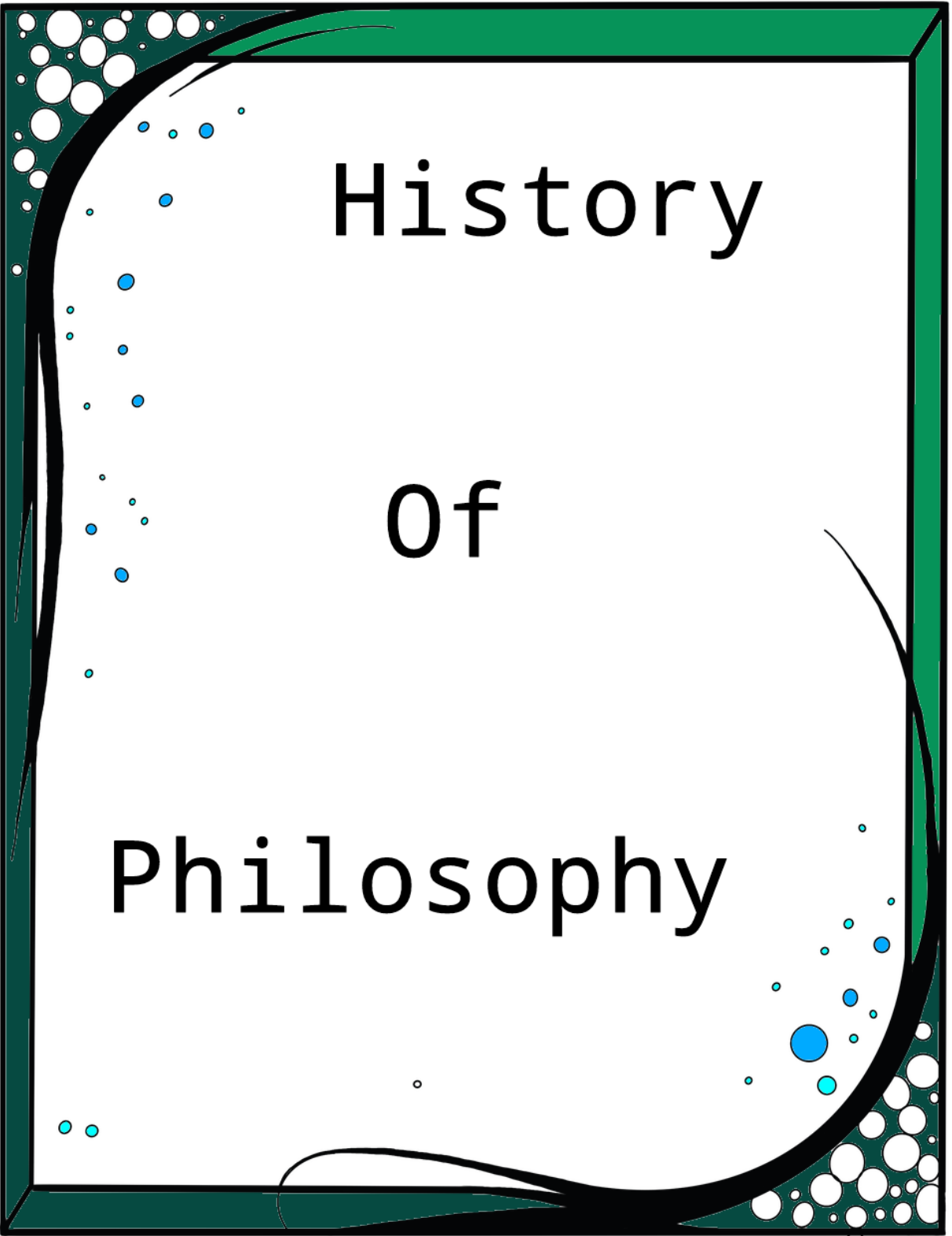
Wisdom, which involves not just knowledge but also insight, empathy, and the ability to make sound judgments, requires time, reflection, and often, the willingness to acknowledge and learn from our mistakes. In a world that often values speed, efficiency, and novelty, these qualities can be overlooked, leading to a scarcity of wisdom.



However Wisdom is essential! It is important to live a good life and deal with real life problems. Hence it's necessary to have more awareness about the importance of wisdom and make an attempt to become a wise person who can tackle the issues of modern life in a clever, careful and witty manner.

Many people assume wisdom to be an impossible ideal because 'the modern world is bad', yes it's bad and the stress in everyday life is worse or more complicated than the past when people were more wise and life was easier. Truth is, wisdom is possible, wisdom can exist from a youthful period of one's life, it is NOT some impossible ideal nor does old age magically grant people wisdom. The existence of this book is proof that wisdom is possible from a young age.

Think about how often you meet someone intelligent compared to how often you meet someone wise. Then you will notice the scarcity of wisdom.



History Of Philosophy

History of Philosophy

"Wonder is the beginning of wisdom."

-Socrates

DISCLAIMER: It is simply not possible to include all philosophers in history in this book alone, nor is it possible to mention their views about all topics they shared their insight upon. This book shall focus on the brief overview of certain Philosophers.

Citation for the history section: <https://www.wikipedia.org>

Thales of Miletus (BCE624-BCE546)

Everything is made up of Water



During the Archaic period(8th century BCE to 6th century BCE), the people of Greece settled into city states, developed an alphabetical system of writing and marked the beginning of Western Philosophy.

Thales of Miletus was a Greek mathematician, astronomer, statesman, and pre-Socratic philosopher from Miletus. Not much details about his life are known. Many regard him as the first Greek Philosopher and also the first person to indulge in *scientific philosophy*.

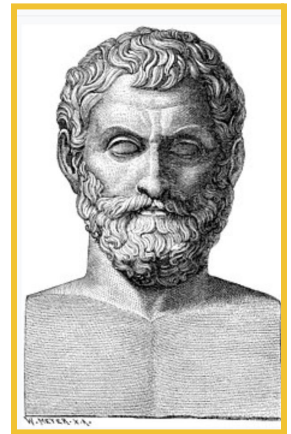
Thales used geometry to calculate the height of pyramids and calculated the distance of ships from the shore.
He introduced the basic proportionality theorem in maths, also called Thales theorem.

Thales is recognized for breaking from the use of mythology to explain the world and the universe, instead explaining natural objects and phenomena by offering naturalistic theories. He concluded that weather conditions are responsible for the good harvest of crops instead of it being a result of the gods. Thales contemplated the question, "*What is the basic material of the cosmos?*" He reasoned that the fundamental material has to be something out of which everything else can be formed, something essential for life, something capable of motion and change. Thus he concluded that the originating principle of nature was a single material substance: water. He thought that the whole earth must be floating on a bed of water. His importance is in the fact that he was the first thinker to seek rational answers to fundamental questions. Thus he laid the foundation of future Philosophical and scientific thought across the western world.

The most difficult thing in life is to know yourself.

-Thales

portrait of
Thales by Wilhelm Meyer,
based on a bust from the 4th century



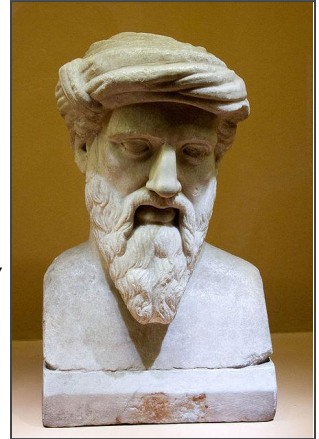
Pythagoras (570 BC - 495 BCE)

Pythagoras was an ancient Greek philosopher and he is the founder of Pythagoreanism. His teachings and thoughts influenced the philosophy of Plato, Aristotle and many others. His teachings actually influenced the whole western world and ultimately the entire world because he is the first to link philosophy with mathematics and is said to be the father of Mathematics. Pythagoras is said to have learnt about geometry during his trip to Egypt.

Pythagoras developed the concept of the octave,
which forms the basis of modern music theory

His teachings included the *transmigration of souls*(metempsychosis) which stated that every soul is immortal and upon death, the soul enters into a new

body. His Philosophical thought was that the goal of life was to gain freedom from the cycle of reincarnation and this can be achieved by following strict behavioral rules. He also said that the planets move according to mathematical equations and thus resonate to produce an inaudible symphony of music. Pythagoras had left no writings of himself and hence it cannot be known *exactly what* he said to his associates.



In mathematics he found truths and proofs he regarded as divine revelation for those were a result of reasoning instead of just being observations. Pythagoras uncovered the principle of all right angled triangles which is now called the *Pythagoras theorem*. He believed that mathematical ratios and numbers could be used to explain the structure of the cosmos itself!

In astronomy Pythagoras demonstrated the harmonic relationship of the planets and stars. Later, this resulted in theories regarding the *music of the spheres*. Classical architecture also uses Pythagorean math ratios and symmetric designs. His ideas had a great impact on not only philosophy but also a big impact on math, astronomy, music and some archeology.

Number is the ruler of forms and ideas and the cause of gods and demons.

-Pythagoras

A fool is known by his meaningless speech and a wise man by silence

-Pythagoras

There is geometry in the humming of strings, there is music in the spacing of spheres

-Pythagoras

Confucius (BCE551-BCE479)

Confucius (or Kǒngzǐ) was a Chinese philosopher who is traditionally believed to be the paragon of Chinese sages. His philosophical teachings called Confucianism emphasize personal and governmental morality, correctness of social relationships, justice, kindness, and sincerity of the human mind. Confucius tried to gather inspiration from the past. He had a conservative nature and had great respect for the ritual and ancestor worship, which was maintained by the Zhou Dynasty. Confucius was a part of a new class of

scholars to the court, who acted as advisors. This status was achieved by their own merit and not because of inheritance.

The main source of information about the teachings of Confucius is the Analects, a collection of parts of his writings and sayings compiled by his disciples. It is a base for a comprehensive ethical system which denotes a junzi (meaning "gentleman") as a superior person with virtues and moral values. Basically, an idea of having more social virtues and moral code of conduct. Ancient records suggest that, as minister of crime, Confucius was effective in handling problems of law and order and was even more capable in diplomatic assignments. He also knew how to advise the ruler and his mission to bring a difficult negotiation to a successful conclusion.



A Virtuous Life

According to the Analects, humans are agents which Heaven has chosen to embody its will and unite the world with the moral order. Confucius had a belief that virtue is not something that Heaven sent for the ruling classes but instead virtue is something which can be cultivated by anyone. He was a minister of the Zhou court and he believed that it was a duty of the middle classes and the rulers to act with virtue and benevolence to achieve a just and stable society. Confucius argues that a virtuous person is not the one who stands at the top of the social hierarchy but is one who understands their place within the hierarchy and embraces it fully. To define various means of acting in accordance with virtue (*de*) he has described traditional Chinese values of loyalty (*zhong*), filial piety (*xiao*), ritual propriety (*li*) and reciprocity (*shu*). Confucius called the person with these values as a junzi (a gentleman).

Confucianism

Confucius focused on teaching his disciples about his Philosophical beliefs but was not very successful in persuading contemporary rulers to adapt his ideals in the government. His teachings had survived the repressive Qin Dynasty and revived Confucianism in the Han Dynasty. Confucianism had a great impact on Chinese society, be it philosophy or politics. It still acts as a

belief system which lays importance of personal ethics and morality in human society.

Wherever you go, go with all your heart. -Confucius

Gautam Buddha (BCE563-BCE483)

Siddharth Gautam, later known as the Buddha was born in Lumbini to the royal parents of the Shakya clan but he left his royal life to become a wandering ascetic. He was the first to challenge the teachings of Brahmanism with Philosophical reasoning. After living a life of asceticism, he attained enlightenment at Bodh Gaya under the Bodhi tree. In his early life, Buddha enjoyed the luxury of life but he was well aware about the sufferings of this world, caused greatly by sickness, old age and death. He knew that the luxurious lifestyle could not bring him true happiness so he sought happiness as a peace of mind. Buddha stated that removing desires will prevent disappointment and hence suffering can be avoided. To free ourselves from attachments which cause us pain, we must overcome our attachments and desires. He states that nothing is self caused for everything is a result of some previous action and every human is only a transitory part of this eternal process.

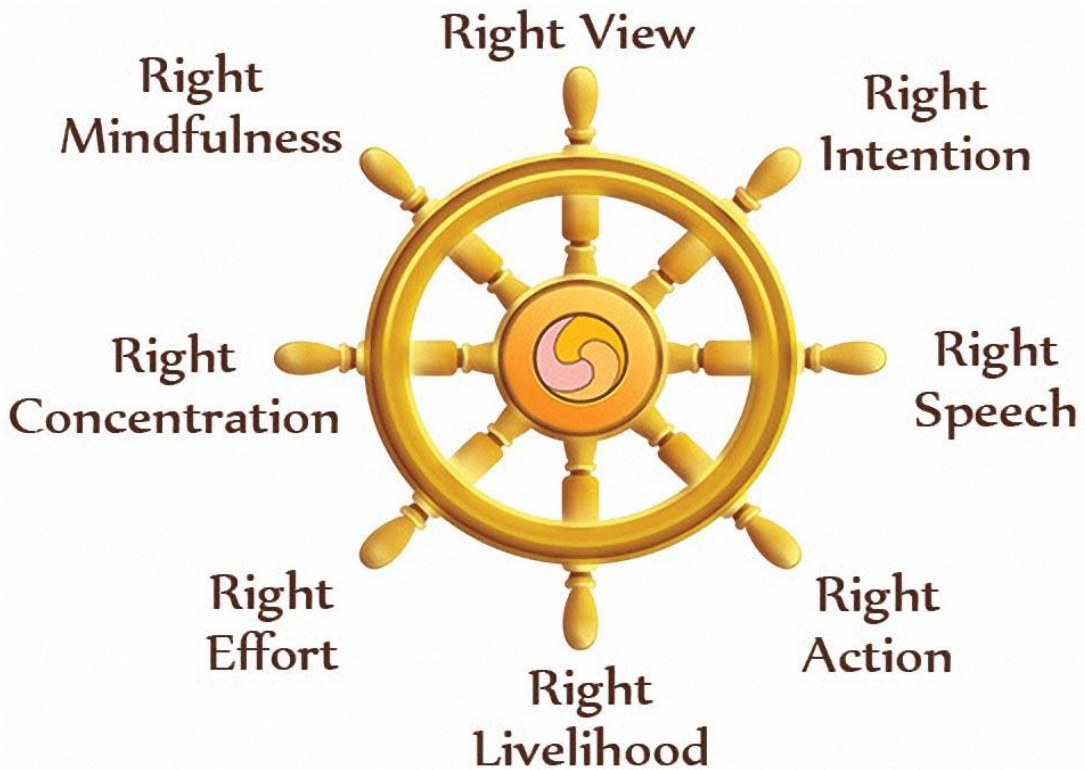


After gaining enlightenment he preached his teachings which came to be known as Buddhism. Buddhism can be considered a religion and also as a philosophical way of thinking which is Buddha's philosophy.

The four Noble Truths

In Buddhism, the four Noble Truths are the awareness of sufferings in the world and the causes of the suffering.

1. The truth of suffering (Dukkha)
2. The truth of the origin of suffering (Samudāya)
3. The truth of the cessation of suffering (Nirodha)
4. The truth of the path which helps end suffering (Magga)



The Eightfold path

The noble truths describe a way to end the suffering: the noble eightfold path. The eight parts of the path to liberation are grouped into three essential elements of Buddhist practice—moral conduct, mental discipline, and wisdom. The Eightfold path is depicted by the Dharma wheel. It consists of 8 paths supposed to help end suffering:-

(Buddha's statue in BodhGaya)

1. Right view- Know the truth
2. Right Intention- Free your mind of Evil
3. Right speech- Don't say something which hurts others
4. Right Action- Work for the good of others
5. Right Livelihood- Respect Life
6. Right Effort- Resist all evil
7. Right concentration- Try to practice mediation
8. Right mindfulness- Control your thoughts

There is no path to happiness, happiness is the path

-Gautam Buddha

With

our



thoughts, we make the world

-Buddha

Quiet the mind and the soul will speak --Buddha

Everyone has the potential to become a Buddha in the Buddhist tradition. A Buddha is someone who has reached Nirvana in life.

Protagoras(BCE490-BCE420)

Protagoras was a pre Socratic Greek Philosopher and a rhetorical theorist(As stated by Aristotle, rhetoric is "the faculty of observing in any given case the available means of persuasion") Protagoras was born in Abdera. According to Aulus Gellius, he originally made his living as a porter, but one day he was seen by the philosopher Democritus carrying a load of small pieces of wood he had tied with a short cord. Democritus realized that Protagoras had tied the load together with such perfect geometric accuracy that he must be a mathematical prodigy. Democritus took him into his own household and taught him philosophy. In the Meno(a dialogue by Plato) he is said to have died at approximately the age of 70, after 40 years as a practicing Sophist.

Protagoras stated that *"Man is a measure of all things"*. Protagoras seems to have meant that each person's own personal history, experiences and expectations, developed over their lifetime, determine their judgments and opinions regarding the "truth" of a situation. He argued that believing that others' opinions about the world are valid and must be respected, even if our own experience of truth may be different. He thinks that something is ethical only because a person judges it to be so in democratic debate.

"Man is the measure of all things." -Protagoras

Mozi (BCE470-BCE391)

Mo Tzu or Mo Di or Mozi (墨翟) was an ancient Chinese philosopher who founded the school of Mohism during the period of the hundred schools of thought (BCE475 - BCE 221). The ancient literature of *Mozi* contains details about his philosophy and his followers.

During his life, Mozi had education based on classical Chinese texts however, he disliked that so much emphasis was given to clan relationships. So he created his own school of thought, spreading universal love(jian ai). Mozi taught that everyone is equal in the eyes of heaven. He believed that the decision of who is in power should



be based on merit, or those who are worthy of power should receive power. His philosophy was based on universal love, equality, social order, the will of heaven, sharing, and honoring the worthy. Mozi stressed that rather than adopting different attitudes towards different people, love and care should be unconditional and offered to everyone without regard to reciprocation. Mozi says that when this principle of caring for everyone is applied by the rulers then there would be no war. When this principle is applied by everyone, it will lead to a harmonious and more productive society. Thus Mozi quoted that *"When one throws to me a peach, I return to him a plum."* Mao Zedong considered Mozi as the true philosopher of the people because of his humble origins and his emphasis on equality towards everyone.

"The task of the benevolent is surely to diligently seek to promote the benefit of the world and eliminate harm to the world and to take this as a model throughout the world. Does it benefit people? Then do it. Does it not benefit people? Then stop."

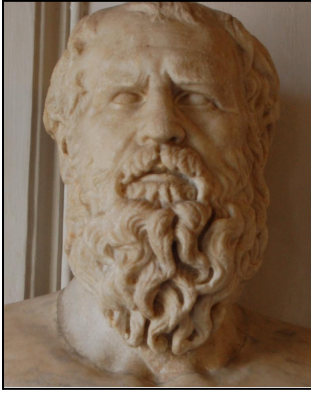
-Mozi

"The benevolent person planning on behalf of the world is like this... If the world is poor, he undertakes to enrich it; if the people are few, he undertakes to increase their number; if the multitude is in disorder, he undertakes to put them in order. When he is in these situations, there are indeed cases when his strength is insufficient, his resources exhausted, or his knowledge lacking, and then he gives up. In no case would he dare spare any effort, conceal any scheme, or withhold any benefit without pursuing them on behalf of the world."

-Mozi

Heraclitus(BCE535-BCE475)

Heraclitus was a Greek pre-Socratic philosopher from the city of Ephesus. Little is known of Heraclitus's life. He wrote a single work, only fragments of which have survived. Most of the ancient stories about him are later said to be fabrications based on interpretations of the preserved fragments. His paradoxical philosophy and appreciation for wordplay and cryptic utterances has earned him the epithet of being "the obscure". Consequently, he became known as "the weeping philosopher". Heraclitus believed that balancing of opposites like day and night, hot and cold leads to the unity of the universe. The idea that everything is a part of a single fundamental process. He concludes that the tension caused by the opposites result in a permanent state of *flux* or change. Changing as it remained the same, which he expressed in the saying, *"No man ever steps in the same river twice."* He meant that when one steps into a river, freshwater will replace the water into which one had originally stepped in. Though the river itself is unchanging.



Parmenides(BCE515-BCE445)

Parmenides was born in the Greek colony of Elea, from a wealthy and illustrious family. The single known work by Parmenides is a poem whose original title is unknown but which is often referred to as *On Nature*. Only fragments of it survive. In his poem, Parmenides prescribes two views of reality. The first, the Way of "Aletheia" or truth, describes how all reality is one, change is impossible, and existence is timeless and uniform. The second view, the way of "Doxa", or opinion, describes the world of appearances, in which one's sensory faculties lead to thinking and understanding which are false. Parmenides was influenced by the logical and scientific thinking of Pythagoras and had a completely opposite view as compared to Heraclitus. Parmenides says that a state of nothing existing is impossible for he said that there can be no void. His belief was that fundamental change is impossible. Thus he concluded that everything real must be eternal and unchanging and must be indivisible.

"All is one"

Parmenides' only surviving written work is a poem titled "The House of Night and Day".

Democritus (BCE460-BCE371)

Democritus is an ancient Greek pre-Socratic philosopher from Abdera. None of his writings survive in the modern age. He suggested that everything in the universe is made up of tiny, indivisible and unchangeable particles called *atoms*.

Leucippus and him stated the first atomic theory that:- The universe consists of atoms and empty space. As atoms move through space, they collide with each other to form new arrangements of atoms, so objects in the world appear to change. They thought that there are infinite atoms but the number of possible arrangements is finite. This explains the fixed number of substances that exist. They said that when something dies, atoms do not vanish. Atoms are instead reconstituted. This idea of atoms served as a base for future atomic theories in Chemistry.

"Words are but the shadows of actions" -Democritus

"Nothing exists except atoms and empty space; everything else is opinion."

-Democritus

"I would rather discover one scientific fact than become King of Persia."

-Democritus

"Nothing is so easy as to deceive one's self; for what we wish, that we readily believe." - Democritus

Socrates (BCE469-BCE399)

Socrates was a Greek Philosopher from Athens who is credited as the founder of Western Philosophy and is generally considered as one of the most important philosophers in history. Socrates wrote no text and information about him is mostly through accounts of his students, Plato and Xenophon. Those accounts were written as dialogues in the style of question and answer, thus it's called Socratic or dialectical literature. Those dialogues include *Apology, Symposium and Phaedo*. It was because of those dialogues that Socratic thought had survived and was known by the later generation. The dialogues demonstrate the Socratic approach to areas of philosophy including rationalism and ethics.

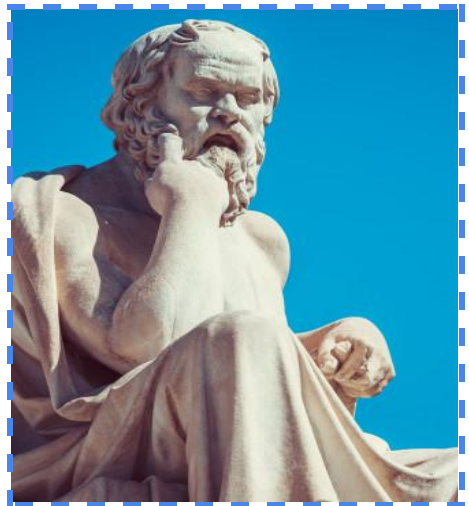
During his early life he most likely followed his father's profession of being a stonemason and got the opportunity to study philosophy. He involved himself in politics for some time but he left politics after his father's death. He had inherited enough money to live life without having a job. Socrates' concern was to examine the nature of life and justice, and his questioning of people's beliefs that resulted in many being his enemy. He was later accused of corrupting the minds of the young people of the city and was given a choice of death or exile, he refused to escape and chose death instead of living a life of ignorance and he said something like *"The life which is unexamined is not*

worth living". For Socrates, examining life meant questioning the ideas and beliefs that we use everyday but never really thought about it deeply. Thereby revealing the true meaning of the ideas. Socrates rejected the idea that virtue was relative and instead thought of virtue as something absolute that is applicable to everyone in the world. Socrates said that *"There is only one good- **knowledge** and only one evil- **Ignorance**".*

Socrates was the wisest man in Athens not because of his knowledge but because he professed to know nothing. To gain knowledge of the world and oneself it is important to know the limits of one's own ignorance. Only then could one hope to determine the truth... The method of examining an argument by rational discussion from the position of ignorance was an important change in Philosophical thinking. Therefore it became a foundation of western philosophy and continues to make people contemplate it as a fundamental idea in Philosophy.

Unlike most teachers, Socrates did not charge fees from his students.

*"I know
nothing
except
the fact
of my
ignorance"*



"It is better to change an opinion than to persist in a wrong one" -Socrates

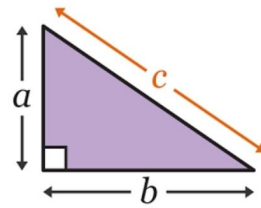
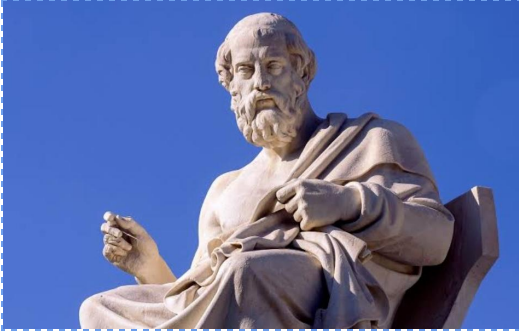
Plato(BCE427-BCE347)

Plato was an ancient Greek Philosopher born in Athens. Plato was a pen name derived from his nickname given to him by his wrestling coach, his actual name was Aristocles, son of Ariston.

In Athens, Plato founded the Academy, a philosophical school where he taught the philosophical doctrines that would later be known as Platonism. After the death of Plato's teacher Socrates, he took the responsibility to preserve the knowledge he gained from Socrates by writing about him in the form of a series of dialogues. The Republic by Plato is a text that describes the importance of being just in the world, and by being just, one is happy. It is

a text that describes an ideal city and a way through which a just and philosophical governance can create happiness. Plato felt that the "unchanging" property of nature is same as the unchanging morals and society. Plato describes that before referring to a moral concept, we must first understand *what* that concept is and *how* it is formed. Plato explains the

objects around us; such as dogs, dogs are varied and yet they share characteristics(2 eyes,1 nose,4 limbs,1



$$a^2 + b^2 = c^2$$

tail,body shape,body size, amount of fur etc) which we can recognise and this allows us to identify a dog. Plato states that it's not just a shared dog characteristic but also that we all *have an ideal image of all objects in our mind*, which can be used to recognise things in the real world. Taking a mathematical example, Plato says that we can logically reason that the square of the hypotenuse of a right angled triangle is equal to the square of the sum of the other 2 sides. Hence, Plato wonders if perfect forms of an ideal object can exist in the real world.

Plato's reasoning leads him to conclude that there must be a world of Ideas which is separate from the material world (Plato's theory of Forms or Ideas). According to this theory of Forms, there are these two kinds of things: the apparent world of material objects grasped by the senses, which constantly changes, and an unchanging and unseen world of Forms grasped by reason. Plato's Forms represent types of things, as well as properties, patterns, and relations, to which we refer as objects. Just as individual tables, chairs, and cars refer to objects in this world, 'dogness', as well as e. g. justice, truth, and beauty refers to objects in another world. What we perceive using our senses is an imperfect "shadow of reality" so we have no real knowledge of those things, knowledge can only be achieved through reasoning. In Plato's



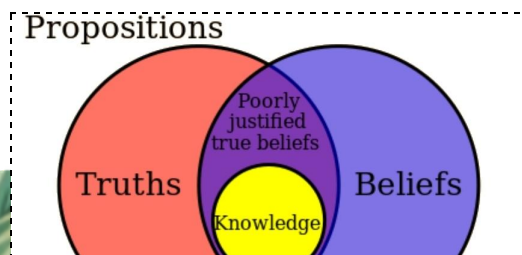
world of forms there is true justice, what we see in the material world is an imperfect version of the real thing. Plato applied the same idea to the concept of goodness, goodness according to him is the ultimate goal of all philosophical thinking.

Plato says that humans have two parts- the body and the soul. Our body has the senses which allows us to experience the material world, our soul is immortal and allows us to experience reason. Plato believes that *the soul is undying and can reincarnate into a new body*. Thus they said that knowledge is a recollection of things and not a new product made by new observations. Socrates is contemptuous of people who think that something has to be graspable in the hands to be real. In the Theaetetus, he says such people are *eu amousoi*, an expression that means literally "happily without the muses". In other words, most people are willingly ignorant, living without divine inspiration and access to higher insights about reality because they are already satisfied with the world and do not wish to investigate more about the ideas or forms as stated by Socrates and Plato. Thus many have interpreted Plato as stating that *knowledge is justified true belief*. In the Republic, Plato poses the question, "What is justice?" and by examining both individual justice and the justice that informs societies, Plato is able to inform metaphysics, ethics and politics with the question: "What is the basis of moral and social obligation?" Plato's well-known answer rests upon the fundamental responsibility to seek wisdom, wisdom which leads to an understanding of *Goodness*. His works had influenced his pupil Aristotle regarding philosophical thinking and he influenced many others throughout world history. Plato's statement of using reason instead of observation as the way to acquire knowledge later served as the base of *rationalism*. Thus Plato's influence in the world is prominent even in the modern era. In the modern era there is a

The story of Atlantis was first shared by Plato.

term "Platonic love" which is considered as opposite to romantic love. Platonic love is a type of relationship in which

romantic desires are absent but it is more than just simple friendship. Something more special than friendship but not in a romantic way. Although Plato himself never used that term, the term concerns going beyond physical closeness to achieve wisdom and true beauty.



"Be kind, for everyone you meet is fighting a harder battle." -Plato

"The greatest wealth is to live content with little"

-Plato

"The soul of man is immortal and imperishable"

-Plato

"The heaviest penalty for declining to rule is to be ruled by someone inferior to yourself" -Plato

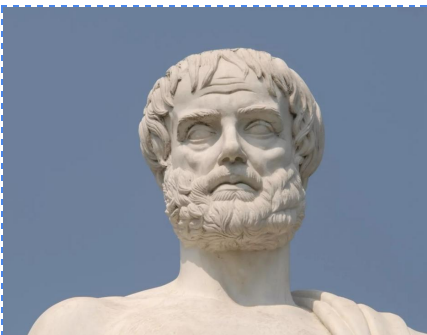
"Every heart sings a song, incomplete, until another heart whispers back.

Those who wish to sing always find a song. At the touch of a lover, everyone becomes a poet." -Plato

Aristotle (BCE384-BCE322)

Aristotle was an Ancient Greek philosopher and polymath. His writings cover a broad range of subjects including physics, biology, metaphysics, logic, ethics, aesthetics, poetry, drama, music, psychology, economics, politics, meteorology etc. When he was about 17 years old, he joined Plato's academy in Athens.

His father Nicomachus, was the personal physician to King Amyntas of Macedon. While he was young, Aristotle learned about biology and medical information taught by his father. Both of Aristotle's parents died when he was about thirteen, and since then Proxenus of Atarneus became his guardian. Although little information about Aristotle's childhood has survived in the modern times, he likely spent some time within the Macedonian palace, learning about the monarchy.



Aristotle remained in Athens for about 20 years and left after the death of Plato. His most important treatises include Physics, Metaphysics, Nicomachean Ethics, Politics, On the Soul and Poetics. Aristotle studied and made significant contributions to various fields. In 343 BC, Aristotle was invited by Philip II of Macedon to become the tutor to his son

Alexander. Aristotle was appointed as the head of the royal academy of Macedon. During Aristotle's time in the Macedonian court, he gave lessons

not only to Alexander the great but also to two other future kings, Ptolemy and Cassander.

Aristotle's views profoundly shaped medieval scholarship. The influence of physical science extended from late classical age and the early middle ages up until the Renaissance period, and were not replaced until theories of classical mechanics were put forth. Hence he is often regarded as *the most influential person in various fields of knowledge*.

Aristotle is also known as the father of Biology.

Aristotle had contemplated and questioned Plato's theory of Forms based on his experience exploring and studying wildlife, where Plato suggested that the human sense is a distraction from the ideal world but Aristotle believed that we should trust our senses & trust in the natural evidence we observe. Aristotle was convinced that the truth of the world could be found on Earth itself and so he collected plants & animals and classified them into different groups. That helped prove his opinion and ultimately, he can be considered the father of Biology.

He believes that a *good life* is one in which a person uses the characteristics they were born with and be happy in the pursuit of virtue. Virtue according to him is the highest form of wisdom.

Syllogism is the systemic form of logic used by Aristotle to understand the category to which an entity belongs. The most famous Syllogism in history is:

- All men are mortal
- Socrates is a man
- Therefore Socrates is mortal

Aristotle had stated many things. Some were incorrect but others were accurate enough to influence the world for centuries. After the death of Alexander the great, Athen's influence had declined. Anti Macedonian feelings increased in Athens and Aristotle left to Chalcis, Euboea and died the following year.

"Knowing yourself is the beginning of all wisdom."

-Aristotle

"No great mind has ever existed without a touch of madness." -Aristotle

Socrates, Plato and Aristotle are the three most famous Philosophers in history. Also the top 10 most famous humans in world history.

"Dignity does not exist in possessing honors but in the consciousness that we deserve them" -Aristotle

"Educating the mind without educating the heart is no education at all"
-Aristotle

Diogenes the Cynic(BCE404-BCE323)

Diogenes was a philosopher born in Sinope. Nothing is known about Diogenes's early life except that his father, Hicesias, was a banker. Hicesias and Diogenes became involved in a scandal involving debasement of the currency and Diogenes was exiled from the city and lost his citizenship and all his material possessions.

Plato once described him as,"a Socrates gone mad" because Diogenes rejected material comfort and chose to live in poverty inside a huge clay jar belonging to the temple of Cybele. He used his simple lifestyle and behavior to criticize the social values and institutions of what he saw as a corrupt, confused society. He had a reputation for sleeping and eating wherever he chose in a highly non-traditional fashion and took to toughening himself against nature. He declared himself a cosmopolitan and a citizen of the world rather than claiming to belong to one place.

It was against the rules to eat in the marketplace of Athens but he still did it simply because he felt hungry in the marketplace area. His bizarre philosophical stunt was to stroll in daylight with a lamp in hand and he said that he was "looking for an(honest) man"

He tried to demonstrate that wisdom and happiness belong to the man who is independent of society and that civilization is regressive.

Diogenes was one of the first Cynics. It reflects the choice of the Cynics to spurn all social customs and etiquette and instead live in a natural state of mind.

According to a story Diogenes was captured by pirates while on voyage to Aegina and sold as a slave in Crete to a Corinthian named Xenocrates. Being asked his trade, he replied that he knew no trade but that of governing men, and that he wished to be sold to a man who needed a master. Xenocrates liked his spirit and hired Diogenes to tutor his children. Accounts of his death say he had become ill from eating raw octopus or to have suffered an infected dog bite. When people asked how he wished to be buried, he left instructions to be thrown outside the city wall so wild animals could feast on his body. When people asked if he minded this he replied something like, "Not at all, as long

as you provide me with a stick to chase the creatures away!" When people asked how he could use the stick since he would lack awareness, he replied: *"If I lack awareness, then why should I care what happens to me when I am dead?"*

Plato described Diogenes as
"A Socrates gone mad."

Pyrrho(BCE360-BCE272)

Pyrrhon Of Elis, Pyrrhon also spelled Pyrrho was Greek philosopher from whom Pyrrhonism takes its name; he is generally accepted as the father of Skepticism. Pyrrho was a pupil of Anaxarchus of Abdera and in about 330 BCE, he established himself as a teacher at Elis. Believing that equal arguments can be offered on both sides of any proposition, he dismissed the search for truth as a fruitless endeavor. While traveling with an expedition under Alexander the Great, Pyrrho saw in the fakirs of India who were an example of happiness caused by indifference to circumstances. He concluded that man must suspend judgment (practice *epochē*) on the reliability of sense and simply live life according to reality as it appears to them. Pyrrhon's teaching was preserved in the poems of Timon of Phlius, who studied with him. He influenced philosophical thinking in 17th century Europe with the republication of the Skeptical works of Sextus Empiricus, who had codified Greek Skepticism in the 3rd century AD.

Pyrrho believed we ought to suspend our judgment on all those things to which we can never find an answer. By giving up the fruitless pursuit of some kind of resolution, we can finally be at peace with ourselves.

Epicurus(BCE341-BCE270)

Epicurus was born in the Athenian settlement on the Aegean island of Samos. His parents were both Athenian. Epicurus is known to have studied under the instruction of a Samian Platonist named Pamphilus for approximately 4 years. After the death of Alexander the Great, Perdiccas expelled the Athenian settlers on Samos to Colophon. After the completion of his military service, Epicurus joined his family in Colophon. He studied under Nausiphanes, who followed the teachings of Democritus and later the teachings of Pyrrho. Epicurus had been impressed and admired the life of Nausiphanes. Epicurus agreed with the Cynics' quest for honesty, but rejected their *insolence and*

vulgarity, instead teaching that honesty must be coupled with courtesy and kindness. During Epicurus's lifetime, Platonism was the dominant philosophy in higher education. Epicurus's opposition to Platonism formed a large part of his thought. He established his own school named *the garden* in Athens. His school was the first ancient Greek school to admit women.

Epicurus was an atomic materialist, following in the steps of Democritus. His materialism led him to a general attack against superstition. Epicureanism was originally a challenge to Platonism but later its main opponent became Stoicism. He believed that the greatest good was to seek modest, sustainable pleasure in the form of a state of ataraxia (tranquility and freedom from fear) and aponia (the absence of bodily pain) through knowledge of the workings of the world and limiting of desires. According to Diskin Clay, Epicurus himself established a custom of celebrating his birthday annually with common meals, befitting his stature as *founding hero* of the Garden.

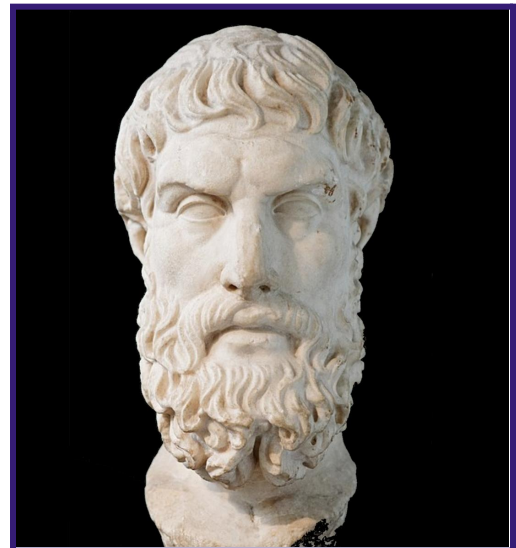
Epicurus believes that the fear of death is unnecessary and we should not waste time fearing death. True to this belief, he described his last day as a truly happy day in his life.

He had a small but dedicated group of followers but his thoughts were ignored for centuries, later in the 18th century his ideas were revived and resurfaced.

"In a philosophical dispute, he gains most who is defeated, since he learns most."

"Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for."

-Epicurus



Zeno(BCE334-BCE262)

Zeno of Citium was a philosopher during the Greek Hellenistic period and he was from Citium in Cyprus. Zeno is considered the founder of the school of Stoicism which he taught in Athens from about 300 BCE. Based on the moral ideas of the Cynics, Stoicism laid great emphasis on goodness and peace of mind gained from living a life of virtue in accordance with nature. It proved

very popular, and flourished as one of the major schools of philosophy from the Hellenistic period through to the Roman era, and enjoyed revivals in the Renaissance as Neostoicism and in the current era as Modern Stoicism. Zeno says that humans are given a rational soul to practice free will. Nobody is forced to live a good life and it is a matter of choice. Zeno believes that one who leads a good life will achieve harmony with nature in all aspects. Diogenes reports that Zeno's interest in philosophy began when he consulted the oracle to know what he should do to attain the best life, and that the god's response was that he should take on the complexion of the dead. Whereupon, perceiving what this meant, he studied ancient authors. Zeno was a rich merchant and somehow survived a shipwreck. Then he visited Athens and found a bookseller, There he encountered Xenophon's *Memorabilia*. He was so pleased with the book's portrayal of Socrates that he asked the bookseller where men like Socrates were to be found. Just then, Crates of Thebes – the most famous Cynic living at that time in Greece – happened to be walking by, and the bookseller pointed to Crates. From the day Zeno became Crates' pupil, he showed a strong interest in philosophy. He is also said to have studied Platonist philosophy under the direction of Xenocrates and Polemo. Zeno began teaching in the colonnade in the Agora of Athens known as the Stoa Poikile ("painted porch") in 301 BC. His disciples were initially called *Zenonians*, but eventually they came to be known as *Stoics*, a name previously applied to poets who congregated in the Stoa Poikile. Zeno was highly respected and after his death, a tomb was built as a memorial for his moral influence in the youth.

Zeno of Citium had teachings had a profound impact on influential figures such as Marcus Aurelius, Seneca, Epictetus and many others.

"We have two ears and one mouth, so we should listen more than we say." -Zeno

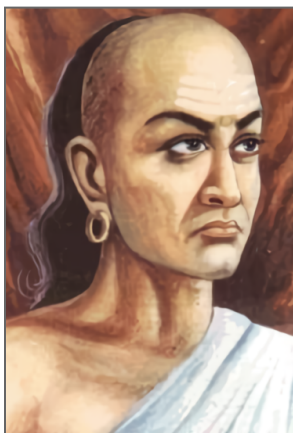
"The goal of life is living in agreement with Nature." -Zeno

After the death of Alexander the Great, the classical age of Greece came to an end and the influence of philosophy decreased for centuries. No significant Philosopher was born in Europe until Plotinus in 3rd century CE.

Chanakya(375 BCE - 283 BCE)

Chanakya also called Kautilya or Vishnugupta was an ancient Indian polymath who was active as a teacher, author, strategist, philosopher, economist, jurist, and royal advisor. He wrote a classic treatise on Politics, *Artha-shastra* (The Science of Material Gain) and *Chanakya Niti* (tips on living a good and productive life). He was an important figure of political science in India. His works were lost near the end of the Gupta Empire in the sixth century CE and only rediscovered in the early 20th century. He was born into a Brahman family and received his education at Taxila, he is said to have vast knowledge regarding medicine and astrology. Chanakya assisted the first Mauryan emperor, Chandragupta Maurya in his rise to power and played an important role in the establishment of the Maurya Empire (one of the largest empires in Indian history). Chanakya served as the chief advisor to both emperors Chandragupta and his son Bindusara.

Chanakya stated that the essence of leadership lies in its acceptance by the subjects. He advises the king (leader) never to forget the two pillars of the art of governance: Nyay, the justice and Dharma, the ethics. The leader has to study deficiencies of his followers, members and take steps to improve upon them. Thus Chanakya believed that self quality is the most important quality of a leader. His book *Arthashastra* was rediscovered in 1905.



"Just as a mirror reflects a man's face, his personality is reflected in his choice of friends. One must always be careful in forming friendships and acquaintances, for one's friends, are in a way, an extension of one's inner inclinations and tendencies."

"Man is great by deeds, not by birth"

"Humbleness is at the root of self control."

"A person should not be too honest. Straight trees are cut first and honest people are victimized first."

"Once you start working on something, don't be afraid of failure and don't abandon it. People who work sincerely are the happiest."

-Chanakya

Hellenistic Philosophy

The Hellenistic period began with the death of Alexander. The classical Philosophers resided in Athens but by the Hellenistic period, the philosophers resided in Rome or Alexandria. During this period the predominant Philosophical schools were Stoicism, Skepticism and Epicureanism. Also, philosophy during this period focused less on the grand mystery of the universe and more on the daily human life.

Stoicism was based on virtue and human duty and hence the Romans supported Stoicism, this made Stoicism the most popular philosophical school of thought during the Hellenistic period.

Chrysippus, the third head of the school of Stoicism, developed a system that became known as Stoic logic and included a deductive system called Stoic Syllogistic. They believed that all beings but not all things are material, so they thought that four incorporeals exist: time, place, void, and sayable.

They believed that if an object being red is caused by some part of an universal red body which entered the object. To them, knowledge can be attained through reason and its possible to distinguish between truth and faulty reasoning (but only an approximation can be made in real life). The mind has the ability to judge an impression, enabling the mind to distinguish a true representation of reality from one that is false. Clear comprehension can only be gained through reasoning.

Epicurus argued that sensory information is never false, though it may be misleading in some situations. Thus, The epistemology of the Epicureans was with knowledge being sourced from the senses. When we judge anything, those can be corrected and verified by sensory information. Epicureanism sees pleasure as the ultimate good in life but doing it moderately to avoid the suffering incurred by overindulgence in pleasure.

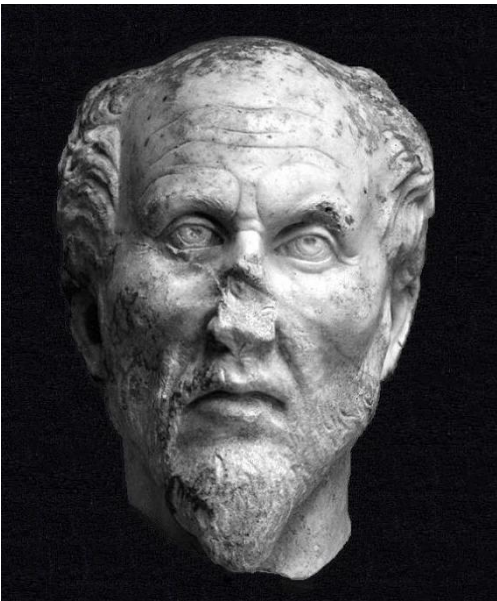
Desire for fame and power was also discouraged & fear of death was considered the main cause of suffering during life.

Aenesidemus, in the first century BCE, broke with the academic skeptics and adopted Pyrrhonism, denouncing the Academy because according to him it was just "Stoics fighting against Stoics." The academic skeptics believed that true knowledge is not possible, ideas can have some likeness but it cannot be the complete truth. The skeptic beliefs were often against the stoics. The most extensive ancient source of information about Academic skepticism is

Academica, written by the academic skeptic philosopher Cicero. The main goal of the Pyrrhonists was to attain freedom from the disturbance and sufferings of life. The Academics did not doubt the existence of truth; they just doubted that humans could ever try to obtain the truth. Therefore man must be content with probability which is sufficient as a practical guide. "We know nothing, not even our ignorance"; therefore the wise will be satisfied with a skeptical attitude.

Plotinus (205 AD-270 AD)

Plotinus was born and raised in Roman Egypt. He is considered as the founder of Neoplatonism, Historians of the 19th century invented the term *neoplatonism* and applied it to refer to Plotinus and his philosophy. Plotinus was a student of Ammonius Saccas, and together they were founders of Neoplatonism. The *Enneads* is the collection of writings of the philosopher Plotinus, edited and compiled by his student Porphyry. The *Enneads* provide most of the known information about him.



Plotinus had an inherent distrust of materiality (similar to Platonism), believing that all that we experience is a poor image of something higher and more true. Plotinus took up the study of philosophy at the age of twenty-eight and went to Alexandria to study. There he was unsatisfied with the teachings until one day, his friend suggested meeting the self-taught Platonist philosopher Ammonius Saccas. He was satisfied to listen to this teacher and studied as a student for years. At the age of forty, during the reign of Emperor Philip the Arab, he came to Rome, where he stayed for most of the remainder of his life and had a large number of students. His

students included Porphyry, Amelius Gentilianus of Tuscany, the Senator Castricius Firmus, and Eustochius of Alexandria, a doctor who devoted himself to learning from Plotinus and attending to him until his death and many others, including female students. Plotinus later went to live in Sicily. Plotinus taught that there was a supreme "*one*" containing no division or distinction. Nor is it the sum of everything, he identified the "*one*" as good with

a principle of beauty. His philosophy is mostly about **the one, the intelligence and the soul**. It is from the productive unity of these three beings that all existence emanates. He states that we must call the "one" a sheer potentiality without which nothing could exist. He also says that one is not a being or a self aware god.

Authentic human happiness for Plotinus consists of the true human identifying with that which is the best in the universe. Because happiness is beyond anything physical, Plotinus stresses

the point that worldly fortune does not control true human happiness.

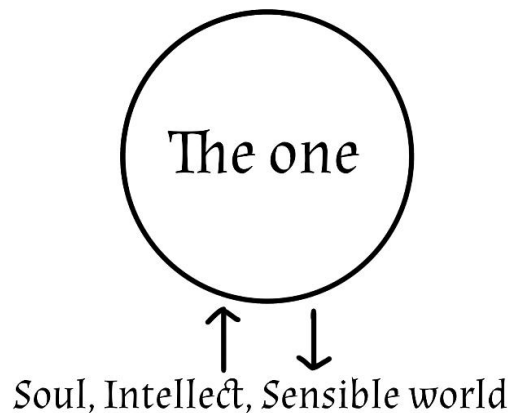
The truly happy human being would understand that which is being tortured is merely a body, not the conscious self, and happiness could persist. The perfect life is of a person who believes in reason and contemplation.

Henosis means "oneness" and in Neoplatonism, this means the goal of henosis is union with what is

fundamental in reality(the "one"). A person can reach a state of tabula rasa, a blank state where the individual may merge with The One. Plotinus words his teachings to reconcile with both Plato and Aristotle but also various religions that he had personal contact with during his various travels. Plotinus' works have an ascetic character in which matter is thought of as a mere illusion. In addition to his cosmology, Plotinus also developed a unique theory of sense-perception and knowledge, based on the idea that the mind plays an active role in shaping or ordering the objects of its perception, rather than passively receiving the senses. He said that the soul is composed of a higher and a lower part- the higher part being unchangeable and divine while the lower part is personality(passion and desire).

Plotinus later in life went to live in Sicily. He spent his final days in seclusion on an estate in Campania which his friend Zethos had bequeathed him.

According to the account of Eustochius who attended him at the end, Plotinus' final words were: *"Try to raise the divine in yourselves to the divine in the all."*



of

Saint Augustine(354 AD-430 AD)

Augustine of Hippo, also known as Saint Augustine was a philosopher whose writings greatly influenced western philosophy and western Christianity. His teachings and important works include *The city of God*, *Confessions* and *On Christian Doctrine*.

He was born in Thagaste, Numidia Cirtensis, Roman Empire. He was influenced by the Hellenistic Philosophy of Neoplatonism. After his conversion to Christianity in 386, Augustine developed his own approach to philosophy. Augustine is the patron saint of brewers, printers, theologians, and a number of cities and dioceses.

Augustine was focused on the existence of evil. If God is so powerful then why does evil even exist? He believes that God did not create evil because to him, evil is the lack of quality and evil is not an entity by itself. Saint Augustine tried to explain evil by the idea that humans are rational beings. Rationality is only possible by reasoning and for that, humans must have the freedom to distinguish and choose between good & evil. Hence God gave humans freedom to think in order to be rational.

Saint Augustine suggests another possible reason, evil exists in order to give contrast to good. If there was no evil then *good* would not be impactful. Similar to how darker spots in paintings help highlight the brighter areas of the painting.



He also saw the human being as a perfect unity of soul and body. To him, marriage is the best way to have body and soul unity. Saint Augustine even wrote a book about this, named *On the Good of Marriage*.

He died on 28 August 430. Shortly after his death, the Vandals lifted the siege of Hippo, but they returned soon after and burned the city. They destroyed all but Augustine's cathedral and library which was left untouched. His feast day is on 28 August, the day he died. Even after centuries, his ideas and teachings are still impactful in the modern era.

Boethius(480CE - 524CE)

Anicius Manlius Severinus Boethius, better known as Boethius was a Roman senator, consul, historian, and philosopher of the Early Middle Ages. He became an orphan at a rather early age and was adopted by Quintus Aurelius Memmius Symmachus, a later consul⁷. He was well educated in Latin and Greek, thus he devoted his life to translating the Greek classical philosophy (such as the teachings of Plato and Aristotle) for western scholars. He wrote extensively on matters concerning music, mathematics, and theology. Later, he was falsely accused of treason and sentenced to death. His book, *The consolation of Philosophy*, was written when he was in prison. This book showcased an imaginary dialogue between himself and philosophy, with philosophy personified as a woman, arguing that despite the apparent inequality of the world, there is in Platonic sense, a higher power and everything else is secondary to that divine existence.

His Philosophy was his answer to the question that, "If God already knows the future then how can humans be said to have free will?"

He believed that God knows everything about the past, the present and the future & that God is unaffected by the flow of time. Just as knowledge that you are seated now does not interfere with your freedom to change, similarly, God's knowledge of the future does not interfere with the ability to change.

Thus, humans have consciousness and freedom of choice to decide what to do in the future.

"The Boethian Wheel" (also known as the wheel of fortune) is a model for Boethius' belief that history is a wheel, a metaphor that Boethius uses frequently in the *Consolation of Philosophy*; it remained very popular



⁷ Consul was the highest elected political officer in the Roman Empire

throughout the Middle Ages, and is still often seen today. As the wheel turns, Those who have power and wealth will turn to dust; people may rise from poverty and hunger to greatness, while those who are great may fall with the turn of the wheel.

Boethius's best known work is the *Consolation of Philosophy*, which he wrote at the very end of his career, awaiting his execution in prison...

Adi Shankaracharya(8th century CE⁸)

Adi Shankara, also called Adi Shankaracharya was an 8th-century Indian Vedic scholar and teacher (acharya). He was born in Kerala, India. He had written many commentaries on the Upanishads, the Bhagavad Gita and the Brahma Sutra. His Philosophy is the philosophy of *Advaita Vedanta*(non

dualism). According to his philosophy, the liberating knowledge of the identity of the Self (Atman) and Brahman. Moksha (liberation) is attained in this life by recognizing the identity of Atman and Brahman as the ultimate reality, in comparison to this everything else in the world is an illusion (maya). The individual self is a mere reflection of singular Atman in a multitude of apparent individual bodies. The goal of human life is to attain liberation (moksha) from suffering and the cycle of life. He says that there is no difference between the Atman and the Brahman. The individual soul is not different from Brahman.



⁸ The birthdate of Shankaracharya is disputed and no concrete evidence exists

Hence, its name Advaita means non-duality. He traveled across India to spread Advaita Vedanta and established four mathas in the four corners of India. Shankara considered the purity and steadiness of mind achieved in Yoga as an aid to gaining moksha knowledge, but such yogic state of mind cannot in itself give rise to such knowledge. He placed great emphasis on the study of the Upanisads, emphasizing them as sufficient to gain moksha. Sankara also emphasized the need for and the role of Guru (teacher) for such knowledge.

He explained a major point of deviance between Hinduism and Buddhism. While Buddhism asserts that there is 'no Soul, no Self'; Hinduism says that 'Atman' (Soul, Self) exists and is immortal.

Adi Shankara could fluently speak and write Sanskrit at the age of two, recite all the Vedas by the age of four, and took sanyas (renounced worldly life) at the age of twelve. He was an intellectual giant, a genius of linguistics, and above all, a spiritual light and the pride of India.

He wrote many works on philosophy, logic, grammar, and yoga, and influenced many other teachers and movements in both Hinduism and Buddhism.

Adi Shankara's guidance came from his guru, Govinda Bhagavatpada. Under his guidance, Shankara went about doing all this incredible work. He traveled throughout India to re-establish the spiritual sciences. In those twenty years from the age of twelve to thirty-two, he crisscrossed India a few times, north to south, east to west, from Kerala right up to Badrinath and back.

Due to his contribution of Advaita Vedanta to hindu philosophy, Adi Shankara's teachings continue to have an impact on Hindu philosophy till this modern age.

As a young child, Shankara decided to renounce the world and be a spiritual seeker after watching a play on the life of Nachiketa and his conversations with Yamraj , the god of death.

Ibn Sina(980CE-1037CE)

Ibn Sina, also known as Avicenna is regarded as one of the most significant Philosophers, astronomers, physicians and writers of the Islamic Golden Age. Also known as the "Father of Early Modern Medicine".

He was influenced by Aristotle's philosophy and pursued wisdom. He wrote about 450 works and about 240 works survived till the modern era. His most famous works are *The Book of Healing*, a philosophical and scientific encyclopedia, and *The Canon of Medicine*, a medical encyclopedia which became a standard medical text at many medieval universities and remained in use for centuries.



Aristotle believed that the body and mind are the same thing and mind is the *form* of the body. Ibn Sina's philosophy was that mind and body are two different things(duality). He describes this by a hypothetical experiment of a flying man. He tried to imagine being blindfolded, floating mid-air, limbs separated, thus the body will feel no sensations; yet the mind will work, which means that "*myself*" will exist. Without having physical senses of the body, there is still existence.

Which proves that the soul is separate from the physical body.

He says that only the physical body dies while the soul is immortal and reborn into a new body. His Philosophy was soon translated into Latin and gained popularity among western philosophers.

Besides philosophy and medicine he researched details about astronomy, alchemy, geography, logic, math, physics etc.

Ibn Sina was recognized as a Qur'an Hafiz (one who has memorized the entire Qur'an) at the tender age of ten.

"The world is divided into men who have wit and no religion and men who have religion and no wit." -Ibn Sina

Muhammad Rumi(1207-1273)

Rumi, also known as Jalal al-din Muhammad Balkhi or Mawlana('our guide') was a 13th-century poet, Islamic scholar, Maturidi theologian and Sufi mystic from Iran. His poetry was mostly based around love and greatly influenced Asia and Europe. So, his poems have been translated into many of the world's languages and were transposed into various formats.

His poems were originally written in Persian and some other languages such as Turkish, Greek, Arabic. His poetry Masnavi is considered one of the greatest poems in Persian language and also one of the most important poems in literature.

His Philosophy is trying to explain the role of humans in the universe. He believes humans are a link between past and future. Whereby life and death is not a cycle but a progression from one form to the other. When something ends, it's reborn in another form. Thus there is no need for the fear of death or to grieve. Humans should be willing for spiritual growth and to have a better understanding of the relation between God and humans. Rumi believes that this is better achieved by emotion and not by reason. Emotions which can be caused by poetry, music and dance.

Thus Rumi had greatly influenced the world for centuries through beautiful poems and his philosophy and in recent years Rumi has been credited as the best selling poet in the USA.



"Don't grieve. Anything you lose comes round in another form."

"Love calls everywhere and always. We're sky bound. Are you coming?"

"Your task is not to seek love but to seek and find all the barriers within yourself that you have built against love."

"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself."

"You are not a drop in the ocean. You are the entire ocean in a drop"

"I know you're tired but come, this is the way."

"Sit, be still, and listen. Patience is the key to joy"

Yi I(1536-1584)

Yi Yi was a Korean philosopher, writer, politician and Confucian scholar of the Joseon Dynasty. Yi I is often referred to by his pen name Yulgok.

Yi I secluded himself following his mother's death when he was 16 and stayed for 3 years, studying Buddhism. He left the mountains at 20 and devoted himself to studying Confucianism. Later he passed special exams with top honors with a winning thesis titled Cheondochaek ("Book on the Way of Heaven") which summarized his knowledge of Confucianism, Taoism and History. Additionally, he had created many more works of literature in his lifetime.

Master Yi did not completely agree with the dualistic Neo-Confucianism teachings. His school of Neo-Confucianism placed emphasis on the more concrete, material elements; rather than inner spiritual perception, this practical and pragmatic approach valued external experience and observation skills. He laid great emphasis on self cultivation in order to lead a proper administration.

He proposed to draft and strengthen the army against a possible Japanese attack but the government had rejected his idea. He soon left his political position and died not long after. The Imjin war between Japan and Korea occurred soon after.



Niccolò Machiavelli(1469-1527)

Niccolò di Bernardo dei Machiavelli was an Italian diplomat, author, philosopher and historian who lived during the Renaissance. He is famous for his political treatise *The Prince* (*Il Principe*) which was an instruction guide for princes and other royals. He wrote comedies, songs, and works of poetry. He

The Renaissance, which is a French word for “rebirth”, was a period in European history that marked the transition from the medieval to the modern world. The most famous person of the renaissance being Leonardo Da Vinci.

said that a ruler who is establishing a kingdom or a republic, and is criticized for his deeds, including violence, should be excused when the intention and the result are beneficial to him. Thus his book has been

surrounded by controversy ever since it was published. Machiavelli believed that for a ruler, it was better to be widely feared than to be greatly loved; a loved ruler retains authority by obligation, while a feared leader rules by fear of punishment.

Some consider it to be a straightforward description of political reality. Others view the *Prince* as a manual, teaching young royals how they should seize and maintain power. The word *Machiavellian* is often understood as political deceit, deviousness and trickery.

“Where the willingness is great, the difficulties cannot be great.”

-Niccolò Machiavelli

“It must be considered that there is nothing more difficult to carry out, nor more doubtful of success, nor more dangerous to handle, than to initiate a new order of things.”

-Niccolò Machiavelli

Most historians see the Modern Philosophical period to have begun with the 1641 publication of Rene Descartes' *Meditationes de Prima Philosophia* (*Meditations on First Philosophy*).



René Descartes(1596-1650)

René Descartes was a French philosopher, scientist, and mathematician, widely considered an influential figure for science and **the father of modern philosophy**. He connected the previously separate fields of geometry and algebra into analytic geometry which allowed the solving of geometric problems by algebraic equations. In his natural philosophy he rejected the splitting of substance into matter and form; secondly he rejected any appeal to final ends in explaining natural phenomena. Also, he insists on the absolute freedom of God's act of creation. He wrote many books and his books 'Discourse on the method' and 'Principles of Philosophy' he stated his most famous quote that, "*I think, therefore I am*". Descartes decided to apply mathematics to better analyze philosophy; he saw very clearly that all truths were linked with one another, so that finding a fundamental truth and proceeding with logic would open the way to all science. He wrote all his major contributions to mathematics and philosophy during his 2 decade long stay in the Netherlands. In Amsterdam, he had a relationship with a servant girl Helena Jans van der Strom, with whom he had a daughter named Francine. The daughter died at age 5 due to scarlet fever. This was quite sorrowful for him and he admitted that one mustn't refrain from tears to prove themselves a man. This experience inspired him to pursue a search for universal answers in the world of philosophy.



In his book 'Discourse on the Method', he attempts to arrive at a fundamental set of principles that one could consider as certain truth without any sense of doubt. To do this he uses a method called Cartesian doubt or hyperbolic doubt- He relates this to architecture: the top soil is taken away to create a new building or structure. Descartes calls his doubt the soil and new knowledge as the buildings. Thus he rejects doubtful ideas and re-established them to gain new knowledge. His quote *I think therefore I am* can

be simply explained as:- if one is skeptical of existence, that is a proper proof that one does exist.

Descartes determines that the only indubitable knowledge is that he is a thinking thing. Thinking can be said to be every activity of a person of which the person is immediately conscious about.

Thus, Descartes states that perception is unreliable and instead, deduction is a method to obtain truth.

He believed mind & body to be separate things. Which is known as Cartesian dualism (or mind–body dualism), his theory on the separation between the mind and the body went on to influence subsequent Western philosophies. For Descartes, ethics was the highest and most perfect form of science. Like the rest of the sciences, ethics had its roots in metaphysics. In this way, he argues for the existence of God, investigates the place of man in nature, formulates the theory of mind–body dualism, and defends free will. He was a rationalist who clearly states that reason is sufficient to find the answers we search for and virtue consists of correct reasoning that should guide our actions.

Rene Descartes died in 1650 due to pneumonia. Descartes greatly influenced all western philosophy after his death, the Cartesian coordinate system in math was named after him. He is also considered the father of analytical geometry in math.

"I think therefore I am"

"Conquer yourself rather than the world."

"It is not enough to have a good mind; the main thing is to use it well." -René Descartes

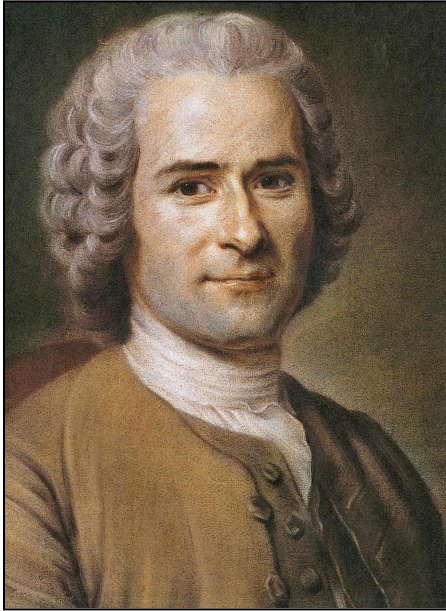
Jean-Jacques Rousseau(1712-1778)

Jean Jacques Rousseau was a Genevan philosopher, writer, and music composer. His political philosophy influenced the progress of the Age of Enlightenment⁹ throughout Europe, as well as inspiring many events in the French Revolution.

In his book 'A discourse on the science and arts', Rousseau argues that the progression of the sciences and arts has caused corruption of virtue and morality. His second book, 'The discourse on the origin of Inequality' states that human beings are basically good by nature but were corrupted by the complex historical events that resulted in present day civil society. Rousseau

⁹ The Age of Enlightenment was a period of intellectual and cultural development in Europe and beyond, that spanned from the late 17th century to the early 19th century.

was greatly influenced by Immanuel Kant's work on ethics. His novel 'Julie or the New Heloise' impacted the late eighteenth century's Romantic naturalism movement.



According to Rousseau, humans have two traits in common with other animals: the self preservation instinct and feelings of empathy for others. However humans are different from animals for the freedom of speech & ability of perfectibility, which allows humans to choose in a way that improves their condition. In his book 'The Social Contract' he suggested the basis for a legitimate political order within a framework of classical republicanism and his work influenced political philosophy for a long time.

According to Rousseau, society would always end up with ever worse levels of inequality, until a revolution would have overthrown it and new leaders would have emerged with further extremes of injustice, but the human capability to self improve remained. He stated that by joining together into civil society through the social contract and abandoning their claims of natural rights, individuals can both preserve themselves and remain free. Rousseau had made great contributions to the development of modern political, economic, and educational thought whilst also inspiring future philosophers even in the modern era.

Rousseau was also a composer, writing numerous books about music theory

"Man is born free, and everywhere he is in chains. Those who think themselves the masters of others are indeed greater slaves than they."

"The world of reality has its limits; the world of imagination is boundless."

"What wisdom can you find greater than kindness."

"I prefer to have liberty with danger than peace with slavery."

The first man who, having fenced in a piece of land, said 'This is mine', and found people naïve enough to believe him, that man was the true founder of civil society.

Beware, for the Earth itself belongs to nobody. -Rousseau

Immanuel Kant(1724-1804)

Immanuel Kant was a German philosopher and one of the great thinkers during Europe's Enlightenment period. His theoretical philosophy, which includes metaphysics, is based on the rational understanding of the concept of nature. His practical philosophy, comprising ethics and his political philosophy, is based on the concept of freedom. Both of these branches have been enormously influential in the subsequent history of philosophy. Attempting to counter the philosophical doctrine of skepticism, he wrote the book 'Critique of Pure Reason' where he suggests a philosophy of freedom. Without human freedom moral responsibility would be impossible. Kant believes that if a person could not act otherwise, then their act can have no moral worth.

Kant believed that reason is the source of morality, and that aesthetics arises from disinterested judgement.

His political philosophy was that peace could be achieved through democracy and international cooperation.

For Kant, it is possible to draw general conclusions about the sensible world by explaining how human understanding structures all experience.

He was inspired by Newton's scientific achievements and by confining his conclusions to the world of experience, he was able to establish the importance of natural science.



Political activity is ultimately governed by moral principles. Therefore, in his essay *On the Common Saying: 'This May be True in Theory, But it does not Apply in Practice'* Kant is critical of political thinkers such as Machiavelli, who believe that immoral acts are allowed in politics. He states that Human freedom and dignity must be respected, and this is possible only within a

constitutional state which protects the civil rights of individuals. Direct democracies thus are despotisms because the majority oppresses the minority rather than acting according to universal law. Kant states that subjects always have a duty to obey their governments, though they may use their public reason to criticize them and hopefully have a better, more rightful government.

Kant's comprehensive and systematic works in epistemology, metaphysics, ethics, and aesthetics made him one of the most influential figures in modern Western philosophy.

"Science is organized knowledge, wisdom is organized life"

"We are not rich by what we possess but by what we can do without." - Immanuel Kant

Jeremy Bentham(1748-1832)

Jeremy Bentham was an English philosopher, jurist, and social reformer regarded as the founder of modern utilitarianism. Utilitarianism is a moral theory that states that actions should be judged as right or wrong to the extent they impact on human well-being or utility. He supported individual and economic freedoms, the separation of church and state, freedom of expression, equal rights for women, the right to divorce and animal rights. He strongly opposed slavery, capital punishment and physical punishment. He strongly opposed the idea of courts assuming facts in order to judge anyone and instead believed that people should be judged based on concrete evidence alone.

Bentham's philosophy is to achieve fundamental human equality with everyone having the right to be happy.

He states that all sources of pleasure are

of equal value, whereby happiness achieved by a good meal is equal to the happiness achieved by listening to music etc.

"The question is not, "Can they reason?" nor, "Can they talk?" but "Can they suffer?"

-Jeremy Bentham

Bentham was quite fond of animals and kept a cat that he called Reverend Dr. John Langborn.

Mary Wollstonecraft(1759-1797)

Mary Wollstonecraft was a female British writer, philosopher, and women rights activist. Wollstonecraft is regarded as one of the important founding female philosophers. Wollstonecraft is best known for her book 'A Vindication of the Rights of Woman'(1792), in which she argues that women are not naturally inferior to men but appear to be only because they lack education. She suggests that both men and women should be treated as rational beings and both can have the same approach to life because both have similar brains. She recommends that men and women be given the same type of education and be taught the same reason & logic. This would allow females to have equal legal, political and social



rights as compared to men.

Her work and demand for equality influenced the female rights movement in the world.

During her career she also wrote other books like novels, treatises, a travel narrative, a history of the French Revolution, a conduct book, and a children's book.

"I do not wish them [women] to have power over men; but over themselves."

-Mary Wollstonecraft

Johann Gottlieb Fichte(1762-1814)

Johann Gottlieb Fichte was a German philosopher who became an important figure of the philosophical movement called German idealism, which was inspired by the writings of Immanuel Kant.

He tried to explain about how to be an ethical being with freedom of choice.

Dogmatism is defined as the tendency to lay down principles as undeniably true, without consideration of evidence or the opinions of others. He believed that idealism and dogmatism can never be mixed.

It is impossible to prove which theory is "correct" nor is it possible to completely dismiss one of the theories. Thus, he states that what sort of

philosophy one chooses depends on the type of person they are. Instead of being impacted by rational reasoning.

"What sort of philosophy one chooses depends, therefore, on what sort of man one is; for a philosophical system is not a dead piece of furniture that we can accept or reject as we wish, it is rather a thing animated by the soul of the person who holds it."

-Johann Fichte

Fukuzawa Yukichi(1835-1901)

Fukuzawa Yukichi was a Japanese philosopher, educator, writer, entrepreneur and a samurai who founded Keio University, the first Japanese University to not be under control of the government.

He was likely the most influential man outside the Japanese government during the Meiji Restoration¹⁰. Born into a poor samurai family, Fukuzawa Yukichi diligently educated himself, his teacher taught him Confucianism and Han learning; he soon learned the Dutch and English language.

In 1860, he published his first book which was an English-Japanese Dictionary named *Zōtei Kaei Tsūgo*. His famous textbook *Sekai Kunizukushi* ("All the Countries of the World, for Children Written in Verse", 1869) became a best seller and was used as an official school textbook for a while.

From 1872-1876 he published 17 volumes of *Gakumon no Susume* (An Encouragement of Learning). Through these books, Fukuzawa develops his views on the importance of equality of opportunity as a principle, explores his understanding of the principle, and stresses that *education is the key* to taking best advantage of the principle and achieving success.

Fukuzawa published many influential essays like *Bunmeiron no Gairyaku* (An Outline of a Theory of Civilization) in which he details his own theory of civilization based on the importance of knowledge and independence.

His ideas about the organization of government and the structure of social institutions greatly influenced Japan during that period.

"We should mutually teach and learn from each other without shame or pride" -Fukuzawa Yukichi



¹⁰ Meiji Restoration is a period of enormous changes in Japan's political and social structure. It occurred during a three-year period from 1866 to 1869.

"It is said that heaven does not create one man above or below another man. Any existing distinction between the wise and the stupid, between the rich and the poor, comes down to a matter of education."

-Yukichi Fukuzawa

Karl Marx(1818-1883)

Karl Heinrich Marx was a German philosopher, economist, historian, sociologist, political theorist and a socialist revolutionary. He is the founder of Marxism. Marxism states that the conflict between the ruling classes that control the production of goods and the working classes work to produce goods in exchange for money. Thus leading to uneven distribution of wealth and privileges in the society.

Whereby the workers would revolt and completely replace the old system with a new classless communist society where people can collectively control production. Thus being a fully developed society.

Some of the famous books he wrote were 'The communist Manifesto' and 'Das Kapital'.

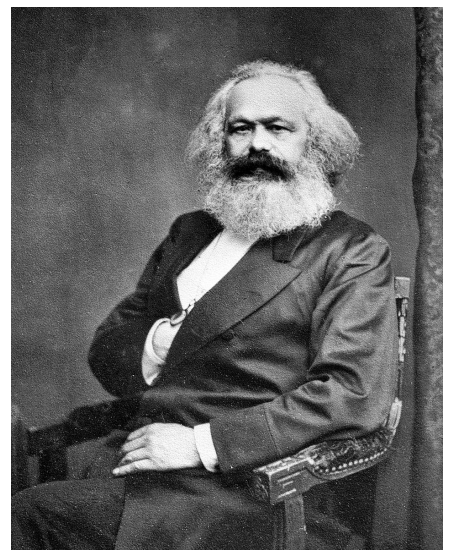
Karl Marx is stated as the founder of communism. *Communism is a system of social organization in which all property is owned by the community and each person contributes and receives according to their ability and needs.*

Karl Marx's theory of alienation can be described in simple words as: Laborers not owning the products they work to create.

The theoretical basis of alienation is that the worker invariably loses the ability to determine life and destiny when deprived of the right to think. He said that *humanity* is also an alienating concept because humans are unable to understand it in its full implication.

Marx's ideas have had a profound impact on various fields, including economics, sociology, and political science. His theories have inspired social and political movements around the world, shaping the course of history in the 20th century.

"History repeats itself, first as tragedy, second as farce."



*"The philosophers have only **interpreted** the world, in various ways. The point, however, is to **change** it."*

*"Surround yourself with people who make you **happy**. People who make you laugh, who **help you** when you're in need. People who genuinely care. They are the ones worth keeping in your life. Everyone else is just passing through."*

"Workers of the world unite; you have nothing to lose but your chains."

"Religion is the sigh of the oppressed creature, the heart of a heartless world, and the soul of soulless conditions. It is the opium of the people."

-Karl Marx

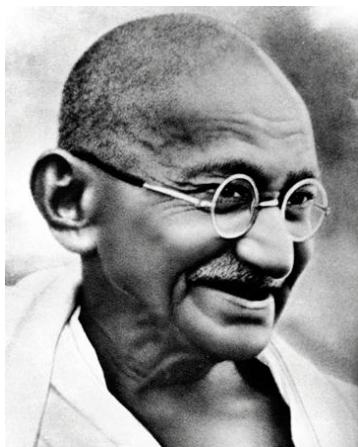
Mahatma Gandhi(1869-1948)

Mohandas Karamchand Gandhi or M.K.Gandhi also known as Mahatma("great souled") was born on 2 October 1869 in Porbandar. He was an influential leader and philosopher who played a pivotal role in India's struggle for independence from British rule. Gandhi's philosophy, often referred to as Gandhian philosophy or Gandhism, emphasized nonviolence, truth, self-discipline, and the pursuit of social justice.

He went to London to study Law for 3 years. Soon after that, from 1893-1914 he lived in South Africa where he fought against racial discrimination faced by the Indian community. It was during this period that he developed his philosophy of nonviolence and started employing methods of peaceful resistance to challenge unjust laws and policies.

Upon returning to India in 1915, Gandhi became the forefront leader of the Indian National Congress, advocating for self-rule and the rights of the Indian people. He spearheaded various nonviolent campaigns, including the famous Salt March in 1930, which protested the British salt monopoly. Gandhi's leadership and principles of nonviolent resistance inspired millions of Indians to join the freedom struggle.

The core of Gandhi's philosophy was the principle of Ahimsa (nonviolence) in thought, word, and action. He believed that violence only perpetuated a cycle of harm and that nonviolent resistance was a more effective means of



achieving social and political change. Gandhi's use of nonviolent methods, including civil disobedience and peaceful protests, inspired movements for freedom and justice worldwide.

Gandhi's philosophy extended beyond politics and encompassed the concept of Satyagraha, or the pursuit of truth. He believed that truth was a guiding force that could bring about personal and social transformation. Through practices of self-examination and moral integrity, Gandhi encouraged individuals to align their actions with their core values and to

challenge unjust systems through nonviolent means.

Gandhi's philosophy also encompassed the idea of Sarvodaya, the well-being and upliftment of all. He advocated for social and economic equality, working to eradicate social evils such as untouchability and gender inequality.

Gandhi's vision included empowering the marginalized, uplifting the poor, and fostering communal harmony. Another key aspect of Gandhi's philosophy was his emphasis on self-discipline and self-reliance. He promoted a simple and austere lifestyle, advocating for self-sufficiency and self-governance. Gandhi believed that individuals could attain true freedom and happiness by cultivating inner strength, moral character, and self-control. Gandhi famously said, *"Be the change you wish to see in the world,"* urging individuals to embody the values they sought in society.



The phrase "**See no evil, Hear no evil, Speak no evil**" first emerged in Japan in the 17th century and later adopted worldwide as a message of peace and tolerance due to Mahatma Gandhi's visual metaphor of the three wise monkeys, with one of them covering his eyes, the second his mouth, and the third his ears.

Tragically, Gandhi was assassinated on January 30, 1948, by a Hindu nationalist who disagreed with his inclusive vision for a united India. Despite his untimely death, Gandhi's legacy as a transformative leader and advocate for peace and justice continues to have global influence.

Gandhi's birthday on 2 October, is commemorated in India as Gandhi Jayanti, a national holiday, and worldwide it is celebrated as the International Day of

Nonviolence. He is considered the Father of The Nation in India and is commonly called as *Bapu*(father).

"An eye for an eye will only make the whole world blind."

"Live as if you were to die tomorrow. Learn as if you were to live forever."

"Happiness is when what you think, what you say, and what you do are in harmony."

"In a gentle way, you can shake the world."

"You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty."

"See the good in people and help them."

"An ounce of patience is worth more than a tonne of preaching."

"The weak can never forgive. Forgiveness is the attribute of the strong."

-Mahatma Gandhi

Ludwig Wittgenstein(1889-1951)

Ludwig Wittgenstein was an Austrian-British philosopher known for his contributions to the fields of logic, philosophy of mind, and philosophy of language. He is considered one of the most influential philosophers of the 20th century.

Wittgenstein's early work, as presented in his book "Tractatus Logico-Philosophicus," explored the nature of language and its relation to reality. He argued that the limits of language determine the limits of our world, and that the proper representation of facts and propositions is essential for meaningful communication. Later in his career, Wittgenstein shifted his focus to the analysis of ordinary language and the philosophy of mind. His later work, published posthumously as "Philosophical Investigations," emphasized the use of language in specific contexts and the importance of language games. He questioned the idea of a single, fixed meaning for words and proposed that meaning arises from their usage within different language communities.

While in England, Wittgenstein became fascinated with Bertrand Russell's *Principles of Mathematics* and developed an interest in the foundation of mathematics. He enrolled at Trinity College, Cambridge, where Russell lectured.

Wittgenstein's ideas had a profound impact on various disciplines, including philosophy, linguistics, cognitive science, and even computer science. His influence can be seen in areas such as logical

positivism, ordinary language philosophy, and the study of meaning. Wittgenstein's work remains notoriously complex and open to interpretation, leading to different schools of thought among his interpreters. Nevertheless, his legacy continues to stimulate philosophical discourse and shape our understanding of language, mind, and the nature of philosophical inquiry.

"A serious and good philosophical work could be written consisting entirely of jokes."

"The limits of my language means the limits of my world"

"Philosophy is not a theory but an activity."

"A man will be imprisoned in a room with a door that's unlocked and opens inwards; as long as it does not occur to him to pull rather than push." -Ludwig Wittgenstein

Martin Heidegger(1889-1976)

Martin Heidegger was a German philosopher known for his profound and influential contributions to existentialism¹¹ and phenomenology¹². He is widely regarded as one of the most important figures in 20th-century philosophy. Heidegger's work revolves around fundamental questions concerning the nature of being, existence, and human experience. His seminal work, "Being and Time," explores the concept of "Dasein," which refers to human existence and the unique way in which individuals relate to the world.

Heidegger argued that understanding the nature of being is central to understanding ourselves and our place in the world. He emphasized the idea that our everyday experiences and interactions shape our understanding of being. Through a process of self-reflection and examination, he sought to uncover the deep structures of human existence. He delved into the impact of modern technology on human existence, highlighting the tendency of technology to obscure our connection to the world and our own authentic being.

While Heidegger's philosophical views were groundbreaking, his association with the Nazi Party during his rectorship at the University of Freiburg has been



¹¹ Existentialism is a philosophical inquiry that explores the issue of human existence.

¹² Phenomenology is the philosophical study of the structures of experience and consciousness.

a subject of controversy. His political engagement and public statements during that time have raised significant ethical questions and continue to be a matter of debate and critique.

His focus on the subjective experience of existence and the profound questions he posed about the nature of being, had influenced the philosophical landscape.

"Man is not the lord of beings, but the shepherd of beings"

"So long as we represent technology as an instrument, we remain held fast in the will to master it."

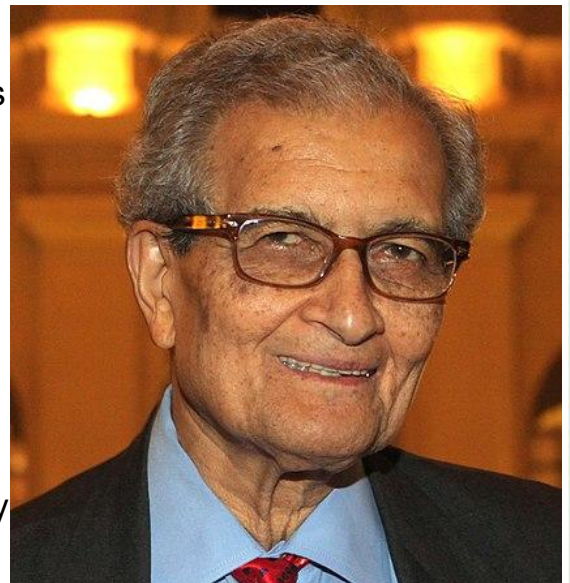
"To dwell is to garden"

"Time is four dimensional" -Martin Heidegger

Amartya Sen

Amartya Sen is an eminent economist and philosopher known for his influential work in the fields of welfare economics, development economics, and social choice theory. Born in 1933 in Bengal, India, Sen has made significant contributions to our understanding of poverty, inequality, and human development.

Sen's groundbreaking research challenges traditional economic theories by emphasizing the importance of social factors and individual freedoms in assessing economic well-being. He developed the capability approach, which focuses on people's capabilities to lead lives they have reason to value. According to Sen, development should not be solely measured by economic growth, but also by factors such as healthcare, education, political freedom, and social



opportunities. His work on famines and the causes of hunger is particularly noteworthy. He argued that famines are not solely the result of food scarcity but are often caused by factors such as inequality, political instability, and inadequate distribution systems. His insights have shaped policies aimed at

reducing hunger and improving food security worldwide. In 1998, Amartya Sen was awarded the *Nobel Prize in Economic Sciences* for his contributions to welfare economics. Throughout his career, he has been a prolific writer and advocate for social justice, actively engaging in debates on global poverty, human rights, and development. Beyond economics, Sen has also delved into philosophical and ethical discussions, exploring concepts of justice, ethics, and the role of public reasoning in policymaking. His interdisciplinary approach has helped bridge the gap between economics and other social sciences, enriching the understanding of complex social phenomena.

Amartya Sen's work has left a lasting impact on the fields of economics, development studies, and social philosophy. His research continues to inspire scholars, policymakers, and activists seeking to address inequality, poverty, and the pursuit of human well-being on a global scale.

"Poverty is not just a lack of money; it is not having the capability to realize one's full potential as a human being"

"Freedoms are not only the primary ends of development, they are also among its principal means."

"I believe that virtually all the problems in the world come from inequality of one kind or another."

"Empowering women is key to building a future we want."

"Imparting education not only enlightens the receiver, but also broadens the giver- the teachers, the parents, the friends"

"The identity of an individual is essentially a function of her choices, rather than the discovery of an immutable attribute"

"A defeated argument that refuses to be obliterated can remain very alive."

-Amartya Sen

Basic difference between Western philosophy and Eastern philosophy

Western Philosophy has a more rational and logical approach to life and promotes individualism.

Eastern Philosophy has a more intuitive, contemplative, and has a more spiritual approach with the idea of harmony of nature and soul being important. It promotes coexistence with nature and promotes collectivism.

Basically, Western Philosophy focuses more on *who said what* and Eastern philosophy focuses more on *stories* and poems to promote ideas. In eastern philosophy, it's often unclear who started the ideas but one thing is conveyed, those ideas deserve to be followed by society.

There have been exchanges and influences between the two traditions over time, leading to creation of various different ideas throughout the world. Throughout our life, we follow a blend of different philosophies, be it knowingly or unknowingly.

"Western philosophy seeks to dissect the parts, Eastern philosophy seeks to embrace the whole. Yet, in their divergence, they converge, offering various paths to wisdom and a profound tapestry of human understanding." -Abhi

Philosophy is the ultimate origin of all science

In the older times, people had time to think. So they thought about how things worked in the universe and why some things work in a certain way. They started investigating and creating theories based on their observations. Those theories later formed the sciences. This is especially true for Aristotle since he is the father of Biology.

While philosophy laid the groundwork for scientific thinking, it is important to note that science has evolved into a distinct discipline with its own specialized methods, empirical approaches, and rigorous standards of evidence. Science has produced its own body of knowledge and continues to advance independently of pure philosophical inquiries.

"Philosophy, the ancient gardener of knowledge, nurtures the seeds from which science blossoms. It is the root from which curiosity springs forth, the foundation upon which reason and inquiry are built." -Abhi

About Good and Evil

In basically every story there is good and evil. There is a hero and a villain. The hero helps people to save and protect the community while the villain plots the plan to cause chaos and destruction. The ultimate task of the hero in a story is to defeat the villain and promote peace and prosperity.



This concept is very true to real life and in a philosophical sense, this idea of good and evil can be found virtually everywhere in the world. Unfortunately, real life is more complicated than stories of heroes and villains.

"Excess of anything is bad"

Being a vile hypocrite is obviously evil because of how it negatively impacts the people around them.

Being excessively good is also an unfortunate thing!

Let me explain: People who are *too good* put more importance on others' goodwill. Often resulting in situations where people with ulterior motives exploit their kindness and use them for selfish means. There is a feeling of immense sadness when they are unable to help others in times of distress. Also, situations arise where the person themselves gets into a problem but they are so busy caring about everything for everyone else that their own goodwill is sacrificed! Excessively good people are unable to deal with their life and take care of themselves.

Sometimes resulting in them blaming themselves for the misfortune and questioning why they are so selfless... Kindness isn't the problem, the problem starts with who you give it to. Not everyone is worthy of your time and energy and it's ultimately up to you to decide that based on what's best for you.

"There are many good people in the world, find one. If you cannot find one, be one"

Here *too bad* means selfishness. They only care about their own goodwill and can do basically anything to attain the life they desire. People who intentionally inflict great suffering upon others, despite knowing that the other person has not done anything wrong to deserve such suffering are evil. That includes manipulating others, avoiding charity service, having ulterior motives, sacrificing everything else for greed, forgetting emotions like empathy and compassion etc...

They usually want themselves to be recognised as superior to others or in other cases, they don't even care what people think. They only care about having authority over others and gaining money, they don't care if almost everyone in their daily life hates them. They consider their authority and self-esteem to be far more important than people's feelings or judgement.

To this I say:- *"What is the purpose of fame if almost everyone hates you and sees you as a villain?"*

And ***"When all is said and done, what was the meaning of your life if nobody even wants to remember you?"*** For in deathbed, one does not think about wealth or how they succeeded in big exams, one recalls their family, their close friends, people who cared for them, people they cared for. All the love and happiness they received and how they were appreciated by others.

Please, see beyond the present and the close future. *The real purpose of life is to not leave behind any regrets.*

Live life to the fullest and be sure to spend time with people who care for you, people you care about, show them that you appreciate them and be loyal to their compassion.

And certainly don't fall into the trap of buying expensive things you don't need, simply for showing it to other people to make them jealous. Trying to impress people who really don't care and people who do not actually matter in your life.

Instead, spend effort on things which will be useful in the long term and for people who will be influential in your life for the long term. For things which are important and people who matter shall aid you when harsher time comes in your own life... *Often we see a behavior and assume the worst intention.*

Did we even think twice that the intention could have been good? Perhaps the flawed behavior was rooted in good intention with no harm intended.

"In the eternal tapestry of existence, good and evil are the contrasting threads that weave the fabric of human experience. They stand as eternal companions, reminding us of our capacity for both light and darkness. It is in the choices we make, the compassion we cultivate, and the empathy we extend that we shape the world's narrative. Embrace the power within, for it is through the triumph of goodness that evil finds its demise, and the radiance of light dispels the shadows of darkness." -Abhi

I feel tired of hypocrites,
Their words are sweet but they hide a bitter truth.
They speak of dignity and kindness but act like none.
I am tired of their false ways,
The mask they wear.
Its hard to breathe in their foul air.
-Abhi

About Optimism and pessimism

Optimism and pessimism are two different perspectives that shape our views on life and influence how we interpret and respond to various situations. Optimism and pessimism are not merely about being positive or negative; they also shape our expectations and behaviors.

Optimism is a positive mindset which has the belief that favorable outcomes are likely to occur. Optimists tend to focus on the brighter side of things, maintain a positive attitude, and have a hopeful outlook even in difficult circumstances. They see failure as temporary obstacles that can be overcome, and they approach life with enthusiasm, and a sense of good possibility.



Pessimism, on the other hand, is a negative mindset which has the belief that unfavorable outcomes are more likely. Pessimists tend to focus on the potential risks, failures, and drawbacks in a given situation. They anticipate negative outcomes, have doubts and anxieties, and may have a more cautious or skeptical thinking about life. Pessimism can lead to lack of

motivation, and can make drawbacks feel like some ultimate doom.

Optimism can inspire confidence, resilience, and open doors to new opportunities. Pessimism can provide a cautious perspective but it may also lead to missed opportunities and increased stress.

Finding a balance between optimism and pessimism is the key. It's important to have a realistic mind that acknowledges both the difficult challenges and the possibilities for positive outcomes. Striking this balance allows us to approach life with healthy optimism and preparing ourselves for complex problems.

"Notice the light at the end of the tunnel but beware of the dangers that could be hidden in the dark."

Empathy and Callousness

Empathy is the ability to understand and share the feelings, thoughts, and perspectives of others. It involves the capacity to emotionally connect with and relate to the experiences of another person. In other words, *putting yourself in someone else's shoes*.

Empathy involves experiencing an emotional resonance with another person, feeling what they feel and responding with emotional support. It is important to note that empathy is different from sympathy or pity. Sympathy involves feeling sorry for someone without necessarily fully understanding their perspective, while empathy involves actively engaging and connecting with their experience.

Empathy can be agreed to be a great good but many people of the modern times are too busy with their own life to feel empathy for others. Maybe even having greed and selfishness.



Callousness means a lack of empathy, indifference, or insensitivity towards the suffering, needs, and well-being of others. Often driven by self-centeredness, apathy, or being too busy with one's own life.

In the modern fast-paced world, callousness can be observed in various aspects of life. The advancements in technology and social media, while providing opportunities for connection, can also contribute to a sense of detachment and desensitization. The constant exposure to bad news and information about global crises and personal struggles may lead to a numbing effect, making it challenging to fully engage with the pain and struggles of others. The modern world's emphasis on individualism, competition, and personal success can contribute to a culture that values self-interest over collective well-being. This can foster a climate of callousness, where empathy and compassion may be overshadowed by a drive for personal achievement.

In many cases, Callousness may be a method of survival and a method to protect oneself from emotional situations. By suppressing their emotions, they could perhaps not have to feel emotionally sensitive again. Regardless of the cause, it can be agreed that Callousness a bad thing which is the opposite of empathy.

Being too kind and empathetic could result in great sadness or could allow manipulative individuals to cheat and trick the person because they are "too good" to consider others selfishness.

Being too selfish or callous is considered evil. Humans are not robots, humans need to have care, feelings and emotions to *be human*. The best thing would be to find a balance between the two opposites. Addressing callousness requires cultivating empathy, compassion, and a sense of social responsibility. It involves recognizing the interconnectedness of humanity and the importance of having a caring society. People need to be emotionally intelligent, to do what's best *for them and also, everyone around them*. To make choices which are important for self care and also choices which do general good to the people.

A balance must be established between being gullible and being cold hearted.



Emotions should be cultivated, just as the barren land sprouts saplings after water and fertilizer is added. The same way, we should add water and fertilizer (kindness and empathy) into the land(human mind) so that it may sprout a sapling (emotional

understanding) which endures the heat(negative emotions) and grows into a strong and healthy tree(wisdom). Once that tree becomes mature, wisdom will be the guide.

Fire and Ice

The duality of fire and ice represents contrasting forces in nature and carries deeper symbolic meaning. Fire and ice symbolize opposing elements that coexist and interact.



Fire embodies energy, passion, and transformation. It represents warmth, vitality, and the fierce intensity of emotions. Fire can ignite creativity, ambition, and desire, propelling us forward with its dynamic and powerful nature. However, when fire is uncontrolled or imbalanced, it can become destructive, consuming everything in its path. It reminds us that while passion and energy are essential, we must also control them with reason and self-control.

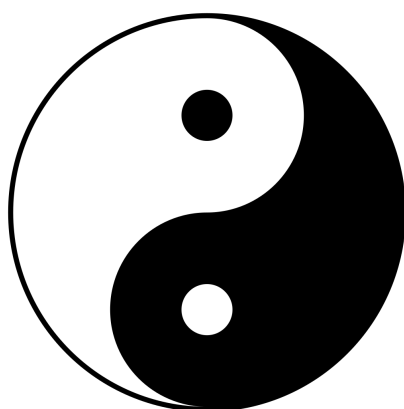
Ice embodies stillness, calmness, and preservation. It represents a sense of serenity, clarity, and detachment. Ice can bring a sense of stability and reflection, allowing us to find inner peace and perspective. However, when ice becomes too dominant, it can create emotional distance, rigidity, and isolation. It reminds us that while tranquility and detachment can be beneficial, we must also remain open to warmth, connection, growth and change.

The duality of fire and ice teaches us the importance of balance in our lives. It shows that neither extreme is optimal, and an equilibrium between these opposing forces is essential for our well-being. It is through balance that we can harness the power and passion of fire while maintaining emotional stability. It is through balance that we can find serenity and introspection in the presence of ice while remaining open to genuine connections and experiences.

Achieving balance in life means understanding the interaction between the opposite forces and trying to find a good stable balance in between them. It requires acknowledging the need for both emotional warmth and intellectual clarity.

Yin and Yang

The black side of the symbol is **Yin** and the white side of the symbol is **Yang**



Yin and Yang is a fundamental concept in Chinese philosophy and cosmology that represents the interplay of opposing and complementary forces in the universe. Yin and Yang are often depicted as dualistic energies that interact to create harmony and balance. Yin represents the feminine, passive, and receptive aspects, while Yang represents the masculine, active, and assertive aspects. They are not seen as absolute opposites but rather as complementary and interdependent forces.

The relationship between yin and yang is often described in terms of sunlight playing over a mountain and a valley. Yin (literally the 'shady place') is the dark area shadowed by the mountain's size, while yang (literally the 'sunny place') is the brightly lit portion. As the sun moves across the sky, yin and yang gradually change places with each other, revealing what was hidden and hiding what was revealed.

The essence of Yin and Yang lies in their relationship and balance. They are not static states but dynamic and ever-changing energies. The presence of one is necessary for the existence and recognition of the other. For example, darkness allows us to appreciate light, and stillness highlights movement.

They represent the cyclical nature of life, where one gives rise to the other in an ongoing cycle of transformation. This concept extends to various aspects of life, including nature, human behavior, health, relationships, and even societal dynamics. Highlighting the importance of balance and equilibrium. It is not about choosing one over the other but recognizing their coexistence and finding balance. It teaches us that harmony and equilibrium can be achieved by embracing the interplay of opposing forces. One should try to achieve balance and harmony in our thoughts, actions, and relationships. By contemplating the principles of Yin and Yang, we can find a deeper understanding of the world.

Karma

The principle of karma can simply be described as the cause and effect of one's actions. It describes that good deeds and positive thoughts(cause) can bring good results and positive experiences(effect), while bad deeds and negative thoughts can bring bad results and negative experiences.. This can be aptly described by the phrase ***You reap what you sow*** or *what goes around, comes around*. Endless knots are often used to symbolize interlinking of cause and effect, an eternal karmic cycle. If you wish to have fruits then you need only to water the tree and take good care of the tree, the tree will bear fruit when the time is right. Take good actions and your efforts will be rewarded automatically, do not focus on the reward, instead focus on the work and you will **earn** the reward when the right time comes...

This means that *individuals create their own destiny through their thoughts, words, and actions*. In this way, karma is seen as a way to keep balance and harmony in the universe.

Karma states that no action is isolated; rather, every thought, word, and deed sets into motion a series of reactions that eventually return to us in some form. So all of our actions will have a consequence, regardless of how insignificant the action may be.

Karma has the law of reciprocity where the energy we emit returns to us, *mirroring* the intention of our actions.

Central to the philosophy of karma is the power of intention. The motivations behind our actions are as crucial as the actions themselves. Actions driven by compassion, selflessness, and a desire to uplift others carry positive karmic energy whereas actions motivated by greed, hatred, or harm bear negative

consequences to the one doing so. Instead of hating others for their actions, individuals are encouraged to consider the factors that might have influenced those actions. This perspective promotes a deeper understanding of the complexities of human behavior and contemplating how to stop evil behavior. Karma does not specify how long it takes for the consequence of an action to arrive, it could take weeks, days or even minutes. If the consequence is instant then it's called *instant karma*. Funny videos of instant karma are rather popular on the internet. In such videos, people are seen doing something silly and getting an instant consequence of that action.

By acknowledging the impact of our choices, we as individuals can improve the sense of empowerment to create positive change and be more mindful about our actions.

“When you truly understand karma, then you realize you are responsible for everything in your life.” -Keanu Reeves

“Realize that everything connects to everything else.” -Leonardo da Vinci

“How people treat you is their karma; how you react is yours.” -Wayne Dyer

“If your actions were to boomerang back on you instantly, would you still act the same?” -Alexandra Katehakis

“By consciously planting seeds of compassion, empathy, and positivity, we create a vibrant and beautiful garden. On the other hand, if we neglect our garden or plant seeds of hatred, we might find ourselves surrounded by thorns and tangled vines.”-Abhi

Flood and Drought

A less spiritual and more physical example of the opposite extremes would be the situation of floods and droughts.

By definition, flood is an overflow of a large amount of water beyond its normal limits.

Drought is a prolonged period of abnormally low rainfall, leading to a shortage of water.



Floods can occur as a result of various factors, including heavy rainfall, snowmelt, dam failure, or storms. Each of the factors is caused by the lack of balance and stability, heavy rainfall and snow melting occurs due to excessive sunshine, dams fail due excess pressure of water, storms occur due to unbalanced wind and heat conditions.

Floods can lead to loss of human life, displacement of populations, damage to infrastructure, destruction of crops and livestock, contamination of water sources, and the spread of waterborne diseases...

Droughts can happen due to absence or lack of rain, very less snowfall, high evaporation rates, and overuse of water resources. Droughts have severe consequences. Including reduced crop yields, livestock losses, food and water shortages, increased food prices, economic losses for farmers and businesses, environmental degradation, and increased risk of forest fires. Droughts can also lead to water scarcity, public health issues, and population displacement as people are forced to migrate in search of water and resources...

The balance would be to have occasional rainfall with moderate heat periods in between. Unfortunately, weather conditions are not under human control but there are some things which we can surely control such as: efficient irrigation systems, water recycling, and rainwater harvesting.

Drought-resistant crop varieties and agricultural practices that promote water efficiency are also essential. Improved water management and not cutting forests because it is scientifically proven that places with more trees get more rainfall.

The balance of flood can be by having moderate rainfall and melting of less ice. Rain is not under human control, however, humans should eliminate global warming, that would reduce the melting of ice and rate of evaporation of water. This way, the natural balance will be restored.

Humans can protect themselves from floods by creating floodbanks, making new ways for water to flow away and planting trees which decrease the soil erosion.

Finding the balance will reduce the chances of floods and droughts. Proper planning will help people survive if such situations do occur.

If places near your hometown are suffering due to natural calamities then please consider donating to charity in order to support the people! You may not be physically there to help but donations will certainly help people survive and improve their lives.

"A small donation may not mean much to you but it would mean a lot those who are suffering"

"In the ebb and flow of nature's embrace, floods and droughts stand as reminders of life's delicate balance. In their watery torrents or arid whispers, we find lessons etched upon the land: to cherish the abundance that quenches our thirst, yet heed the call for conservation when the well runs dry. Through their opposing rhythms, floods and droughts teach us the enduring wisdom of harmony and the power of adaptation." -Abhi

The philosophy of *Balance*

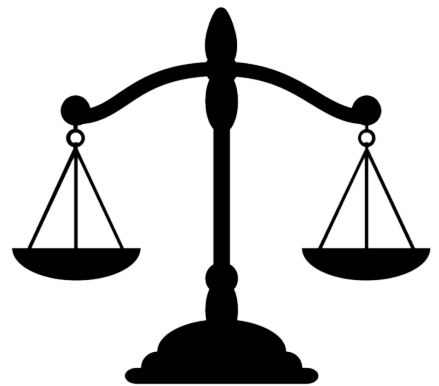
All the previous examples of Good and Evil, Empathy and Callousness, Fire and Ice, Yin and Yang, Flood and Drought, all of these are opposites which are ultimately solved by balance, by stability.

By this, Abhi's fundamental philosophy can be stated as ***"Balance in life is important. Lack of which is the indirect cause of all problems"***

All the problems in the world are directly or indirectly caused by imbalance in various factors. In the case of good and evil, balance can be established by us being not too kind as to be gullible but not too selfish as to be considered evil and being hated by others. In case of fire and ice, balance can be established by keeping fire under control as to not burn and of ice being not too cold as to cause frostbite. In a spiritual context, stability is attained by embracing a middle ground, avoiding both excessive aggression and excessive stillness.

Floods result from excessive rainfall or the melting of ice, while droughts arise from insufficient rainfall or excessive water consumption. Wars are caused by the lack of mutual understanding and the desire for power. Poverty is when one does not have enough money, but having too much money can often cause arrogance and greed.

Global warming is bad, global cooling is bad. The balance is having a stable temperature.



Thus, it can be said, by understanding problems and maintaining balance, we can navigate the complexities of life with wisdom and harmony.

One scientific example of the importance of balance is oxygen. Insufficient oxygen can cause suffocation and death to humans. Excessive oxygen can cause oxygen toxicity which damages or kills the cells. It is this balance in the amount of oxygen in the atmosphere which sustains humanity on Earth.

One important thing to remember is that balance and harmony is not about a 50:50 equilibrium, it's about having stability in different situations by the individual. It could be 40:60, 30:70 etc but whatever it may be, the main thing is having emotional understanding and wisdom.

The Yin and Yang is the traditional philosophical concept which does just that, it's not about complete opposites but about complementary and interdependent forces, which are dynamic and ever changing and maintain harmony.

The concept of Yin and Yang reminds us of the importance of balance in our lives. In a fast-paced and hectic world, maintaining a harmonious equilibrium between work and rest, activity and relaxation, and solitude and social interaction is crucial for our physical and emotional well-being. In an increasingly globalized world, recognizing our interconnectedness with nature, other individuals, and different cultures is essential for achieving empathy, compassion, and global cooperation. In an era of rapid technological advancements and societal transformations, being adaptable and resilient is crucial for navigating uncertainties and challenges. Change is an inevitable part of nature but humans struggle to adjust, we need to have harmony with nature. We should navigate life's ups and downs with greater flexibility and resilience, embracing change as an opportunity for growth and personal development.

In today's multicultural and diverse societies, it is vital to appreciate and respect differences. The philosophy of balance teaches us that opposing perspectives, and experiences can coexist and contribute to a more comprehensive understanding of the world. By embracing diversity and fostering inclusion, we can build stronger and more inclusive communities that value and celebrate the richness of human life. The philosophy of Balance reminds us of the interconnectedness between our physical, mental, and emotional aspects. The pursuit of health and well-being requires balancing

these different parts of our lives. By paying attention to our physical needs, nurturing our mental and emotional well-being, and cultivating self-care practices to live a healthier, more wise life.

In the modern world, watching too much of bad news can have a negative impact on mental health but watching news at all can lead to ignorance. The solution would be to watch news occasionally but not too much to the extent that it negatively impacts the mind. One could also attempt to find and read good news that happened recently as a way to balance the information intake.



In the case of Academics, it is true that studies are important but it is also important to rest and have fun once a while. Studying literally all the time can make people forget about emotions, fun, joy and the importance of going out of the house and having new experiences. "There is a time and place for everything" so please, when the time is right, have fun, relax and hangout with your friends. Create and remember memories which you will cherish throughout your life, if the only thing you did was study then there will be very little fun memories to recall!



Same is true for excessive playing, it's true that fun is important but the main thing is to balance fun with academics. Wasting too much time on fun could mean not enough time for academics and result in poor academic performance. Quantity of time spent on studying is less important than the quality, in other words, 2 hours of really focused studying is more useful than 5 hours of distracted studying! Remember! Try to balance fun and studying in a way that works for you!

Incase of work life or duties, remember the important thing that *"Hard work deserves hard rest"*. Working excessively long hours without breaks or rest can actually diminish productivity in the long run. Without proper balance, we may experience diminishing returns, decreased focus, and increased errors. Taking breaks, setting



boundaries, and allowing time for relaxation rejuvenates the mind, enhances creativity, and improves overall work performance.

Neglecting personal relationships due to work overload can strain our connections with loved ones. Striking a balance between work and personal life is essential for our physical, mental, and emotional well-being. It allows us to recharge, manage stress levels, and prevent burnout. Engaging in activities outside of work, such as hobbies, exercise, spending time with loved ones, and self-care, promotes overall health and happiness.

Incase of love and relationships, Balance in love and relationships means attending to emotional needs and maintaining emotional well-being. It involves effective communication, active listening, and empathy. Both partners should feel heard, understood, and supported. Emotional balance helps create a safe and nurturing environment where vulnerability can be expressed, leading to a deeper connection.

Striking a balance between spending quality time together and maintaining individual independence is essential. Healthy relationships allow for shared experiences, bonding, and intimacy, while also respecting personal boundaries and individual interests. Relationship also involves finding compromise and showing respect for each other's needs, desires, and boundaries. It requires active negotiation, understanding, and flexibility. Healthy relationship involves embracing change, supporting each other's personal development, and having a shared vision for the future. Balancing stability with the willingness to grow and adapt strengthens the bond and ensures the relationship remains dynamic and fulfilling.



"In the dance of existence, balance is the graceful rhythm that harmonizes our being. It is the delicate equilibrium between work and play, solitude and connection, ambition and contentment. In seeking balance, we find serenity amidst chaos, purpose amidst wanderings, and wholeness amidst fragments. Embrace the art of balance, for within its embrace lies the key to a life well-lived." -Abhi

About relationships and self dependence

Self dependence means relying on one's own strengths rather for everything instead of being dependent on other people. This is also known as self reliance.

The thing is, many people believe that their life is incomplete. They *believe* they need a relationship to fix or complete their life. The reality being, you alone are **enough**. You yourself possess the power to change and improve your life, you must simply believe in *yourself* and trust in your capacity to change things for the better. Yes, it's nice to have a supporter during problems but it's not essential. You can be the best version of yourself without anyone's help. *To feel complete, you don't need a Prince charming or a beautiful Princess, **all you need is yourself**.*



"The most painful thing is losing yourself in the process of loving someone too much, and forgetting that you are special too."-Ernest Hemingway

Self-dependence is not about isolation or stubbornly refusing help from others when needed. Instead, it's about having a strong sense of self-reliance while still valuing and nurturing interdependence. It's about the **balance** between personal autonomy and cooperative relationships.

Self-dependence involves taking full responsibility for one's own life. It means owning your decisions and actions, whether they lead to success or failure. This accountability frees one from the restrictions of family or society because it empowers people to shape their own destiny. This also develops an increased sense of resourcefulness. Resourcefulness is the ability to find quick and clever ways to overcome difficulties, often with limited resources. Self-dependent individuals are skilled at making the most of what they have and seeking creative ways to overcome obstacles. This is probably one of the best ways to deal with life's problems.

By having self-dependence, you can embrace life's challenges with confidence, navigate your own path, and



live on your terms. It's a journey worth embarking upon for it leads to personal empowerment and a deeper understanding of your own potential. You are enough, you just need to acknowledge yourself and **believe in yourself**.
"Love is supposed to win but what is love when they return the hate they received"

- Chibirb

"The best gift you can give to someone is to be there during their times of trouble" -Abhi

"If you truly want to be respected by people you love, you must prove to them that you can survive without them."-Michael Bassey Johnson

"Self reliance is the highest expression of self respect." -Mokokoma Mokhonoana

"Freedom comes from strength and self-reliance." -Lisa Murkowski

"Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently."-Maya Angelou

"When you are content to be simply yourself and don't compare or compete, everyone will respect you."-Lao Tzu

About Overprotective Parents

Overprotective Parents are usually more in the case of a single child and less in the case of having 2 or more children. Being overprotective is understandable up till a certain age, beyond which the child must learn and adapt to survive real life situations. Usually when a child reaches teenage, parents should be less protective and give some freedom to the child.

Overprotectiveness is an extreme and complete freedom at teenage is also extreme, the balance would be to have some freedom but be strict about some things which they need to avoid. Do not completely leave them free because they might be confused and uncertain. *Support them, guide them, teach them how to deal with various situations and teach them to control their emotions.* They are like birds, the parents can teach them but they cannot fly *for them*. They must use the previous knowledge to fly on their own.



Slowly, they will be more capable of being independent and when time comes, leave them free and they shall live a good life as an adult due to the experience and knowledge gained previously.

"The best thing a parent can do is to prepare the child to deal and get out of bad situations **INSTEAD** of avoiding bad situations and never talking about it" *"Like a delicate seed yearning to grow, the child seeks the nurturing embrace of freedom's gentle winds. For in the realm of growth, it is not the sheltered confines that hinder resilience, but the fertile ground of independence and self-discovery. Let the wings of trust unfold, and watch as their spirit soars, for it is through liberation that true strength and wisdom are born."* -Abhi

About caring

In a parent-child context, love and care is essential for the wellbeing of children and it's the foundation of the parent child relationship. Balance is important because if care is too little then it's bad for the child! If care is excessive then the child may grow up spoiled and they may ask others to do even the most basic task or throw a tantrum if their wish is not fulfilled.

This is why balance is important, parents need to figure out how much caring is enough and then let the child deal with basic responsibilities. Allowing children age-appropriate freedom and responsibilities enhances their self-confidence and resilience.

Setting limits is important as it helps children understand appropriate behavior, learn about consequences, and develop self-discipline.

Balancing care with discipline creates a structured environment that promotes healthy growth. Parents should support unique interests, talents, and goals of the child.

Caring parents support their children's passions and encourage them to pursue their own paths carefully, rather than imposing their own desires or expectations.



Striking this balance ensures that children receive the care they need while also preparing them for a fulfilling, healthy and independent life.

Think of this analogy: *Caring is like watering a plant*. Too little water and the plant will dry out, too much water and the plant roots won't get enough oxygen from the roots. Same could be said about caring, too little care and the child will be emotionally unhealthy, too much care and the child will be spoiled. Just as a balanced amount of water ensures a healthy plant, a balanced amount of care ensures a healthy life for the child.

In a relationship, caring is a fundamental component that contributes to its strength and longevity. However, maintaining a balance in care is essential to have a harmonious relationship.

Care in a relationship involves offering support and being there for each other during both challenging and joyful times. However, it's important to maintain a balance. Both partners should actively listen, empathize, and provide support to one another. A balanced approach ensures that both individuals feel valued and their needs are acknowledged. It's important to respect each other's personal space and independence. While caring for a partner, it is crucial to give them the freedom to pursue their own interests, maintain their friendships, and have time for self-reflection. Personal growth of both individuals can help in having better chances of long term happiness. A balance is necessary to avoid becoming overly dependent on each other for emotional support. Each partner should also develop their own coping mechanisms and seek external sources of support when needed.

Care should not be one-sided or come at the expense of one person's needs or desires. Both partners should engage in open dialogue, express their feelings and needs, and work together to find mutually satisfactory solutions. This balance promotes equality in the relationship. By maintaining a healthy balance between caring for oneself and caring for the relationship, both partners can contribute positively to the overall relationship.

"One who cares is one who listens"-J.Richard Clarkle

"Caring is the heart's gentle touch, nurturing the roots of love and growth. Yet, in the delicate dance of parenthood, balance is the thing which guides us, ensuring both tender embrace and the space for blossoming independence."

"In the symphony of love, caring harmonizes the soul's melody. But let us remember, the rhythm of balance ensures that both hearts dance freely, embracing each other's needs and resonating each other's feelings" -Abhi

The illusion of control

Usually we want things to work in *our way* because we feel that our way is better & can help avoid future suffering. In the case of parenting, its the past traumatic experience which gives the feeling of "I cant let my child go through the same thing!". That thought is good but controlling their life & micro-managing all tasks isn't a very good way to grow up.

This results in a feeling that everything depends on *you*. If you don't make choices then everything will fall apart. This feeling can make people stop listening to others' suggestions or feelings. Most of their suggestions are completely valid! But this fear of losing everything is too much. This feeling stops them from acknowledging the truth, the truth that people are supposed to tackle difficulties themselves and that they are *capable* of doing so! The fear which makes us doubt others' ability. This may be caused by the desire for the child to have a better childhood than their own, a life with less pain and hopefully a more successful life. This is called **Helicopter parenting**, named so because the parents are like helicopters overseeing the child's life.

The opposite and better alternative is **free range parenting**. Free-range parenting emphasizes granting children more independence and freedom to explore the world. By allowing them to make decisions and solve problems, children develop essential life skills and learn to trust their own judgment. Allowing children to take risks and face challenges within safe boundaries helps them develop resilience and learn valuable lessons from their experiences. When children are given the freedom to explore and make choices, they gain confidence in their abilities and develop a positive self-image. They learn from both successes and failures which helps them make better, more logical choices in life. Right *balance* is crucial. Parent's supervision and support are still essential when it comes to ensuring children's safety and well-being. It is necessary for parents to assess their child's age, maturity, and specific circumstances to determine the appropriate level of freedom and responsibility in their life. The ultimate purpose is to live a healthy, self-sufficient and happy life.

"The best parenting philosophy is to prepare kids for various problems & be there for help and support when needed"

In other cases, the sense of control is caused by power and status in society. Similar to helicopter parenting, this can be a feeling that they should control everything and micro manage all tasks such that it works in *their way*. Problem

is, life is random and things often don't work well, this can result in a sense of frustration or annoyance which can unfortunately result in the abuse of power to *force* people to work their way or find punishments/blame others if things don't go as planned.

The illusion of control is the cognitive bias that leads people to believe they have more control over outcomes and events than they actually do. When individuals fall into this illusion, it can often result in hypocritical behavior. Being unable to see the sheer injustice and illogical happenings under their administration. When spoken about the injustice they could say that "it's your fault. Not my fault", "Learn to cope with it", "You are wrong! Our logic is correct". However, when faced with similar circumstances, they may act in ways that contradict their proclaimed beliefs.

In reality, there are numerous factors beyond their control that can impact outcomes.

Recognizing and addressing this hypocrisy requires self-reflection and humility. It involves acknowledging the limitations of our control and acknowledging that outcomes are impacted by collective human behavior. By increasing empathy, open-mindedness, and self-awareness, we can understand our own limits & stop trying to *force* everything around us.

Humans naturally make mistakes and nobody is completely correct about everything. If we make incorrect decisions then we must have **the courage to rectify it!** Acknowledging and correcting mistakes is the proper way to live a human life.

If we force our incorrect judgment then there will certainly be retaliation at some point. People will not tolerate injustice forever and will certainly resist illogical rules.

"Life is like a spring. The more you try to control it, the more likely it is to bounce right back at you"

"Let go of the illusion of control and then you will emerge as a much wiser person"

-Abhi

"We stick to situations because we don't know what would happen if we let go. Let go and things will most likely become better" -Abhi

About quality

In a material sense, it could be said that quality of production is much more necessary than the quantity of substance. Let's imagine a couple examples: A single supercomputer is better than a hundred old computers. Another example can be imagined about films, a single hit movie with a great storyline is better than a dozen flop movies. Like how a single good apple is more important than a dozen rotten apples. These are just a few examples of course, there are countless examples which prove that *quality is more important than quantity*.

In a more philosophical sense, it can be said that *quality time with people is more important than the amount of time spent together*. Having one hour of truly meaningful heartfelt communication is better than spending the whole day together, while being too busy to even focus on the other person. Closeness of friendship or relationship is not actually based on the amount of time spent together, it's actually based on the amount of *quality time* spent together.

You could be working together for hours at work or at school but that does not make all your coworkers/all your classmates your "friends". Friendship is different, friendship is not like a contract and friendship lasts even outside of work. One thing has to be said about quality time, *value your time spent together. Things may not last forever so cherish it while it lasts...*

Quality time can be with family too, not just for friends or relationships. It is true that truly heartfelt moments may be uncommon but cherish it when it happens. Quality is much better than quantity...

"Embrace the elegance of quality over the allure of quantity, for it is in depth, purpose, and substance that true richness resides." -Abhi

About fear and panic

Fear can be seen as a fundamental aspect of human existence. It arises from our awareness of vulnerability, mortality, and the uncertainties of life. Fear can be both a natural response to immediate threats and a more existential contemplation about future events.



1. Awareness of vulnerability: Fear arises from the recognition of our own limitations, fragility, and the potential harm that may befall us.
2. Projection into the future: Fear often involves anticipation or anxiety about what might happen, which mentally prepares ourselves for the future.
3. Influence on actions and beliefs: Fear can shape our behaviors, motivations, and beliefs. It can lead to avoidance, risk aversion, or the adoption of defensive mechanisms in order to protect ourselves.

Panic, on the other hand, can be seen as an extreme manifestation of fear, often characterized by a loss of control, overwhelming distress and lack of logic.

1. Loss of rationality: Panic can disrupt cognitive processes, leading to impaired thinking, and difficulty making logical choices.
2. Existential implications: Panic can raise existential questions, challenging our sense of self, our place in the world, and our ability to cope with unpredictable situations.

Thus it can be said that *"fear is healthy. Panic is deadly"*. Fear is balanced but panic is an extreme. Fear is also a method used to make people do things. Example: The parents can say that the child's phone will get thrown away *unless* the child does their homework. This fear of losing the phone can force the child to study. Thus, fear if used in a good way can actually help people become better. Thus it is best to avoid panic, a calm mind can find better solutions than a panicked mind.

Calmness can defeat panic.

Patience and dedication can defeat fear.

The same was expressed in the movie Kung Fu Panda by DreamWorks Animation studio. In that movie the wise Philosopher turtle, Master Oogway pointed to an indoor pond and *"Your mind is like this water my friend. When it is agitated, it becomes difficult to see.*

Allow it to settle and the answer becomes clear"

"Fear is the shadow that dances upon the stage of uncertainty, while panic is the tempest that thrashes amidst the storm of the mind. In navigating life's challenges, wisdom lies not in succumbing to their grip, but in finding the calm within the chaos and the strength to face them with clarity and resilience."-Abhi

About Perspectives

Perspective in simple terms is how we see and understand the world.

We all have this psychological thinking that our way of doing things is more *correct* than others. Yet that's not what people should be doing. People need to help others see new paths and understand different methods whilst still having their own choice to do what's best for them.

Always remember that:-

"It's the right way for me but it may not be for somebody else's life"

What this means is,

Dont force others to change. Show them new ways to live and let them make a choice which is best for them...

Thats in one's life. For perspectives regarding the world and understanding of the universe, philosophy has few major types of perspectives:-

- **Idealism:** Idealism states that reality is fundamentally based on ideas, concepts, or mental constructs. It suggests that the ultimate nature of the world is immaterial and is shaped by the mind. Idealists argue that our perceptions, thoughts, and interpretations play a central role in shaping our understanding of reality.
- **Materialism:** Materialism states that reality is composed of physical matter and that all phenomena, including consciousness and mental states, are ultimately reducible to material interactions. Materialists focus on empirical evidence, scientific methods, and the physical world as the primary basis for understanding reality.
- **Dualism:** Dualism states that reality consists of two distinct substances or principles, which is mind and body. It suggests that there are separate realms of existence for the physical and mental aspects of reality. Dualists argue that the mind and body are separate entities that interact with each other in some way.
- **Existentialism:** Existentialism emphasizes individual existence, freedom, and the subjective experience of human beings. It focuses on the meaning and purpose of life, the significance of personal choice and responsibility, and the exploration of human emotions, authenticity, and self-identity.
- **Pragmatism:** Pragmatism emphasizes the practical consequences and usefulness of ideas, theories, and beliefs. It emphasizes the importance of action, experience, and practical outcomes in determining the truth or value of

concepts. Pragmatists prioritize the practical application of ideas rather than following abstract principles.

•**Phenomenology:** Phenomenology seeks to understand and describe subjective human experiences and consciousness. It explores the structures of our conscious experiences and how they shape our understanding of reality. Phenomenologists focus on lived experiences, perception, and the ways in which we interpret and give meaning to the world.

About Information Density

Information Density in philosophy refers to the richness, relevance, and depth of meaningful content conveyed within a piece of information.

Too little information density can make a topic feel incomplete or superficial. Too much information density can make a topic feel like an information overload and make the topic difficult to understand. The important thing is to attain the flow of balance, which means that information should be given in a properly planned and organized way to avoid overload. Information gained in a proper way is more likely to remain in the mind for a long time and less likely to be forgotten or misunderstood.

A similar balance should be maintained with respect to time. Too much information in small amounts of time is overwhelming. Information is supposed to be given in a way that people understand without feeling overwhelmed by it.

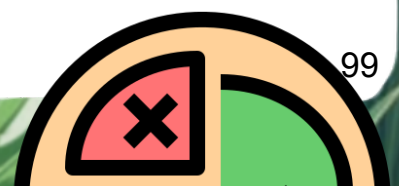
"In the realm of knowledge, the true measure of wisdom lies not in the quantity of information, but in the depth of its meaning and the richness of its relevance."-Abhi

Confirmation Bias

One of the unfortunate psychological facts about the human mind is confirmation bias. It's an unfortunate flaw of the human brain.

Confirmation bias refers to the tendency of individuals to seek, interpret, and remember information in a way that confirms their preexisting beliefs or expectations and disregarding or completely ignoring contradictory evidence.

The confirmation bias arises from various psychological factors, including the desire for consistency, the need for cognitive efficiency, and the influence of emotions on our decision-making. When confronted with new information, individuals may unconsciously favor information



that aligns with their existing beliefs because it provides a sense of validation and security. Example: Materialists will keep finding evidence which proves their perspective of materialism is correct and that idealism is merely human imagination.

Similarly, Idealists will keep finding evidence that their ideals are correct and that materialists are blinded by greed and have been trapped by the tricks of this world.

Confirmation Bias can hinder critical thinking, rational decision-making, and open-mindedness. It may also contribute to arguments between people and result in suffering because people made unwise choices due to their bias.

Recognizing and **mitigating the confirmation bias is crucial** for fostering intellectual growth, unbiased inquiry, and a more wise understanding of the world. It requires conscious effort to seek out diverse perspectives, challenge one's own assumptions, and actively engage with conflicting viewpoints. By promoting open-mindedness, critical thinking, and a willingness to revise beliefs based on evidence, individuals can reduce the impact of confirmation bias and enhance their capacity for objective reasoning and intellectual growth.

"If one wishes to make wisdom their goal then they should be prepared to make an enemy of every word they read. Only then can they avoid bias"

-Alhaitham(Genshin Impact)

"Confirmation bias is the most effective way to go on living a lie."

-Criss Jami

"Confirmation bias is seeing the world through a filter."

- David McRaney

"Confirmation bias is our most treasured enemy. Our opinions, our acumen - all of it, are the result of years of selectively choosing to pay attention to that information only which confirms what our limited minds already accept as truth." -Ina Catrinescu

*"The biggest flaw of the human brain is that it only sees what it **WANTS** to see instead of being able to see the truth which is literally in front of the eyes"*

-Abhi

About Honesty

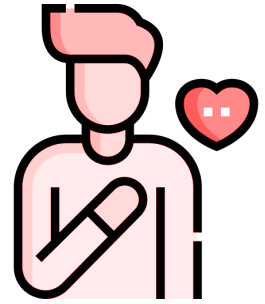
Everyone must have heard at least once that "Honesty is the best policy". But is this "policy" truly the best in all real life situations?

In the case of business, it's best to be honest to the customers instead of lying to the customers.

In case of kids experiencing trouble it's probably better if they inform the parents/the caretakers instead of pretending that everything is perfect.

In the case of friendship, honesty is essential for the build-up of trust and respect.

Here are a few reasons why honesty may not be the best policy in certain circumstances:



- Protecting Others:** Sometimes, revealing the complete truth can cause unnecessary harm or distress to others. In such cases, it may be more compassionate and considerate to withhold certain information or provide a more tactful version of the truth to protect someone's feelings or well-being. Example: If a child aged 8 curiously asks you about some really serious topic then it's better to not reveal the complete truth and instead give a partial truth. Actually sharing the complete truth at that age can be too scary for the children.

- Maintaining Confidentiality:** In professional or personal relationships where confidentiality is expected, disclosing sensitive information without consent can undermine trust and damage relationships.

- Self-Preservation:** In situations where one's safety or well-being is at risk, complete honesty can sometimes lead to undesirable consequences. In such situations, it may be necessary to withhold or modify information in order to protect oneself from harm.

- Social Conventions and Etiquette:** White lies or polite exaggerations are sometimes employed to maintain social harmony, avoid unnecessary conflict, or show respect to others. Example: If a student hates a teacher and some other teacher asks them about their opinions, most students will lie about liking the teacher simply because of respect or because they don't want to get in trouble for sharing their true opinions.

There are instances where strict honesty is not always the best approach but it **does not** imply that dishonesty or deceit should be promoted. Ethical decision-making requires careful consideration of the circumstances, potential consequences, and the values at stake. **Striking a balance** between honesty and other ethical considerations is essential in the complex modern world.

"Just as a compass points true north, honesty aligns our moral compass, guiding us on a journey where sincerity navigates the tides of life."

"Honesty is the nourishing soil from which trust takes root and blooms" -Abhi
"Kindness without honesty is manipulation, honesty without kindness is cruel"

Planning about the future...

Everyone has some sort of desire, hope, and expectations about their future. They do hardwork and dedication to achieve that future and try to make their dreams come true.



"I will do this" "do that" "buy this" "buy that"

Which is completely normal. However, it is crucial that everyone should have a backup plan for their future. The future is unpredictable and for some reason, if plan A doesn't work then you can just use your backup plan(plan B) and pursue that. If plan B doesn't work then plan C and so on...

Having multiple backup plans would be good of course but it's fine to have just one backup ready.

If there is no backup plan then the situation can feel like a severe setback for the person and the person can feel panicked or demotivated. Hence, it's better to have a backup plan than to not have any backup.

A backup plan can help us stay on track towards our goals. While we may have a primary plan or aspiration, having alternatives ensures that we don't get derailed completely if our original path encounters obstacles or doesn't pan out as expected. It keeps us focused, motivated, and prepared to adjust our course if necessary situations arise.

Having a backup plan also encourages flexibility and exploration. It opens doors to new possibilities and allows us to consider different paths and

opportunities. It creates a mindset of adaptability and resourcefulness, enabling us to pivot, learn new skills, or pursue alternative ways that align with our interests/hobbies. Knowing that we have a backup plan brings a sense of security and peace of mind. It reduces anxiety and the fear of the unknown, allowing us to approach life's challenges with greater confidence. Thus providing a sense of control and empowerment in an otherwise overcomplicated and unpredictable life.

"In embracing the power of alternatives we create a canvas of opportunity, where detours become adventures and setbacks transform into stepping stones for growth" -Abhi

"Life is uncertain. Yet, in this uncertainty, let us not forget the wisdom of backup plans, for they are the threads that safeguard our aspirations and strengthen our resilience." -Abhi

About the human mind

Human mind is the ultimate origin.

Even the most simple song was made in the mind & even the most complex emotion was made in the mind.

The mind is the origin of philosophy and contemplation, it is the origin of scientific logic, it is the origin of love.

Everything that we understand, we understand because of the mind which processes and compiles the information sent by the sense organs. If there was no human mind, there would be no thinking, if there is no thinking then no subject would ever exist, there would be no consciousness.

It's also true that Philosophical discussions exist because, Everyone ultimately knows the truth somehow, somewhere deep in their mind. Yet they don't remember or understand that.

That is why such truths are needed to be described in words as a reminder & as a motivation.

When doing philosophy, Philosophers usually don't create a new bizarre concept. Most of the time, philosophers explain pre-existing situations in a different way or a different understanding in order to help others feel the



deeper meaning of the situation. Sometimes one just needs some external support to help them be on the right path and make better decisions using their own logic.

Philosophy and psychology have a significant overlap, as they both explore the nature of human existence, thought, and experience. While philosophy takes a broader, conceptual approach to understanding the fundamental questions of life, psychology investigates the scientific study of the mind and behavior. One thing is certain, the human mind is the ultimate origin of all intelligence and wisdom.

According to Dialectical Behaviour Therapy (DBT) the human mind operates in three states. Which includes emotional mind, reasonable mind and wise mind.

The reasonable mind is the logical processor. When the reasonable mind is in charge, one thinks logically and rationally. One thinks of the pros and cons and makes decisions based on facts and evidence, without letting emotions take over.

The emotional mind is all about feelings and emotions. When the emotional mind is in charge, one might feel overwhelmed by emotions like anger, sadness, or excitement. This can cause decisions to be made based on emotions without thinking about the logical consequences.

When the wise mind is in charge, it combines the best of emotional and reasonable minds. One understands their feelings, but also considers the facts and makes balanced decisions. It's like finding the middle ground between emotions and logic.

Achieving the wise state of mind should be the goal of all humans, for when you are wise, you can think of the best solution to basically any problem.



"Stability of the mind means having true control of the entire soul"

"The world is the same. Just depends on how you interpret and understand it. Some see the world with optimism, others with pessimism or nihilism. Well, how do you see it?" -Abhi

"The mind holds the power to shape our reality" -Abhi

"The mind is like the water. All life originated from the water and evolved into different species. Similarly, depending on our thinking, understanding can evolve and reality may feel different to different individuals" -Abhi

"If you keep your brain polished and think carefully, then even the average working brain can be more useful than a genius brain which does nothing." -Abhi

About Memories

Memory is the method by which the mind maintains information.



Here is an analogy to understand memories: The brain is like a computer which stores files into different folders which is theoretically the best storage system. *Unfortunately*, the brain can randomly store information in sub folders or in hidden folders. It can be difficult to find those hidden files and often, the brain deletes those hidden files without warning. This phenomenon is called *forgetting*. Worst of all, the brain has no proper file search feature which scans the whole system. Often, files can be located only after witnessing something similar or related to that file.

In the case of friendship and relationship, memories are the core. There are some things which we must never forget, we must never forget that time when we were feeling miserable and a friend came to help. We must never forget that time when we were sick and our family took good care of us. We must never forget what others have done and sacrificed to make us feel better! You cannot forget that time when your talents were acknowledged & rewarded! Must not forget the time when you succeed to complete a difficult task you worked so hard for!

This is easier said than done. However, there are various methods to remember better. Methods like active recall, mnemonics, repetition, reciting in the mind, making associations etc. Find a memory trick that works best for you and it will help you for your lifetime. Since people's behavior is likely linked to their memory, memory plays a crucial role on how people interact with each other.

Philosophical approach to memory is about investigating its existential and phenomenological dimensions. They investigate how memories contribute to our sense of being-in-the-world, the role memories play in shaping our perception and interpretation of our experiences, and how memories contribute to the richness of our lives. Memories can cause philosophical questions about the nature of time and our relationship to it. Memories transport us to the past, allowing us to relive moments or reflect¹³ on our experiences to gain a better understanding of ourselves and our personality.

Names are often something which people can forget. Usually, people can clearly remember the face and the behavior of the person but struggle to remember the name. In terms of memory, people's face and their personality is the real identifier of them to their acquaintances. The brain will remember the face, the brain will remember the personality. These are details which cannot easily be forgotten or simply be deleted from the memory folders.

"Personality is your real identity, Not your name. People can forget your name but they will likely remember your character for a very long time..." -Abhi

"Memories are like magic mirrors which show can show our brightest moments or our darkest trouble"

"The brain is a bad librarian. It randomly put information anywhere, it can delete information without permission and it may not find information on time"-Abhi

"Memories are the twinkling stars that illuminate our being, connecting us to our past, shaping our present, and guiding our journey into the future."-Abhi

"Forgetting how someone helped you is like losing direction in the paths of life, leaving you adrift without gratitude's guiding light." -Abhi

¹³ Reflect means thinking about our past actions, the causes which led to the action and the consequences of the action

"Gratitude is the torch that keeps alive the memory of those who have lit our path, reminding us to never forget the kindness that occurred ages past" -Abhi
Life is not constant, it's an ever-changing flow,
Each cycle brings new scenes, what we reap and sow,
Yet in these twists of fate, the memories we prize
Are like off-season rain, a sweet and glad surprise.

Unplanned and unexpected, they grace our days,
Like colorful blooms in a forest's maze,
These memories, unexpected but so dear,
Paint our life's canvas with moments clear.

-Abhi

A decade-old memory still flows through my mind,
As vivid as the sunshine in its prime,
Reflecting back on it brings me peace of mind,
Contemplating fate, that moment's happiness divine.

-Abhi (poetry)

About Generation Gap

For centuries there has been a stereotype that the younger generation is somehow more lazy and less resilient than the previous generation. People have been complaining and doubting the "kids these days" for decades. However, this is not a scientific fact! The younger generation is not necessarily worse and the older generation is not necessarily better.

Older people are unconsciously comparing who they are to the young generation, giving an impression that today's youth is somehow on the decline, no matter the decade we're living in. Older generations believe that the young generation are not prepared to make the same sacrifices that older generations made or that the young generation is not as strong as them. The younger generation is not necessarily weaker, the old ones are just judging a generation shaped by a modern and technologically-focused society by the standards of decades ago from *their time*.

One important thing to understand is that the world has changed! The situations that the parents and grandparents faced in school are different from the situations faced by the children. There is a lot more competition now!

Taxes have increased, overpopulation has increased, the price for houses and land has increased compared to back then!

This ignores the problem of rocketing house prices, stagnating wages and the rise of insecure work in the excessively competitive world, all of which prevents young people from getting mortgages.

"Situations have changed, the same methods from back then may not be the most efficient solution now"

Each generations' actions and beliefs are shaped by their own unique problems and challenges. Older generations might have grown up without the convenience of smartphones, but they also didn't have to battle with the complexities of growing up online and they never had to face such extreme competition that the modern children have to face. Older generations were also more likely to get an okay job with many educational qualifications, nowadays, educational qualifications are *essential* to get any job anywhere! Younger generations also tend to forget that many of older generations had to battle against other societal problems and financial issues which the young did not experience.

Another thing is how the older generations were forced to suppress or hide their emotions in order to appear strong, the younger generations believe in emotional transparency and can better express their true feelings. Such expressions of sadness or fear may appear as "weakness" to the old ones but in truth, Expressing how people really feel is much more important for a healthier growth.

Younger generations work hard to achieve what they want but parents often say that they are wasting their time pursuing meaningless activities. Help them, support them, this will ultimately be more useful than complaining or demotivating them.

The solution for the generation gap is the **awareness** of what these different generations have experienced, why they had made such varied choices in life. We need to avoid invalidating the opinions and ideas of other generations. We should cultivate a mindset of respect for diversity and the wealth of knowledge that each generation brings. Younger generations can benefit from the experiences of older generations, while older generations can learn from the fresh insights and perspectives of the younger ones. Encouraging a reciprocal learning environment will increase mutual respect and appreciation.

Finding a balance between embracing progress and preserving valuable aspects of tradition can help bridge the divide and ultimately create a healthier, more harmonious society.

"Acknowledge the change, understand that the world has become different and modern generations face different situations than you in their age"

"The world is a complicated place, increased understanding and trust can make a healthy relation thats sure to last!"

"The generation gap is an invitation to bridge the distance between wisdom and innovation, as each generation brings unique perspectives to create a brighter future."

"Do not think of your children to make the same choices as you, they have a different life and their world is slightly different, its completely natural if they make different choices than you" -Abhi

About Emotions

Human emotions greatly influence us and people near us. Emotions can influence our choices, plans, desires but it can also blind us from making rational judgment. *Logic is like bitter medicine in comparison to the vast flavors of emotion. Sometimes, bitter medicine is necessary to live a healthy life.*

Emotions can be considered to be the way of expressing human feelings or reacting to external stimuli or experiences. Lan

Emotions are of 2 categories, basic emotions and complex emotions. Basic emotions are defined as primary emotions which are universally experienced by all humans and from which all other emotions can be formed. There is no definitive list of what the basic emotions are but generally, it's considered to be happiness, sadness, anger and fear.



Complex emotions are the combination of two or more basic emotions. In the modern world, emojis are often used to depict a huge variety of emotions.

Happiness can be defined as an enduring state of mind consisting not only of feelings of joy, contentment, and other positive emotions, but also of a sense that one's life is meaningful and valued. Happiness is the most desired human emotion and people do a great many things to achieve happiness. Internally, happiness is influenced by one's thoughts, beliefs, attitudes, and personal values. Externally, happiness can be influenced by life circumstances, relationships, health, and socioeconomic factors.



Happiness is not a destination to be reached but rather a journey to be embraced. Happiness can be found in the small moments of joy, gratitude, and connection that we experience in our daily lives. Always remember the 3 biggest causes of happiness: **Good health, Good friendship and wealth.** It goes without saying that good health is a big cause of happiness. This means the absence of severe diseases, not necessarily a fit body with six packs but is more about a healthy life.

Words cannot express how important a bond is to the human mind. Be it just one friend or a friend group, anyone whom you can trust and who would listen to all your troubles is a type of friend who will ensure your happiness. Even if you don't get happiness, it will be a feeling of relief when sharing your thoughts and burdens.

Wealth is one big cause of happiness because poverty is also a type of suffering, having wealth is thus a type of joy.

True Happiness resides within you. Most people are searching for happiness outside of themselves, but happiness is something that you are, and it comes from the way that you think. You will enrich your life immeasurably if you approach it with a sense of wonder and discovery, and always challenge yourself to try new things. Don't allow your imperfection to steal your peace, because we are all perfectly imperfect, one of a kind. The meaning of life is to find your gift, the purpose of life is to use it for the good!

"Not having any plans for tomorrow, not knowing what I'm going to do-isn't that happiness? That's how gorillas live their lives. They might die tomorrow. But if they keep worrying about that, they won't be able to live happily today"

"The best gift you can give to someone is to be there during their times of trouble" -Abhi

"Mature happiness is finding joy and hope even during difficult times" -Abhi

"Happiness is like a butterfly which, when pursued, is always beyond our grasp, but which if you will sit down quietly, may alight upon you." -Nathaniel Hawthorne

Sadness is an emotional pain associated with, or characterized by, feelings of disadvantage, loss, despair, grief, helplessness, disappointment or sorrow. In other words, sadness is the emotion felt when something bad has happened in one's life. Languages can have a barrier but emotions do not. So express, be it joy or sadness. Emotion is what connects all humans...

While sadness is often considered a negative emotion, it serves important functions in our lives. It can provide an opportunity for introspection, self-reflection, and personal growth. Sadness allows us to process and make sense of our experiences, to mourn losses, and to adapt to changes that may occur in our lives. It can deepen our empathy and compassion for others who are experiencing similar emotions or challenges.

Extended periods of sadness is a concern, one should seek help from family, friends or from therapists when experiencing excessive sadness. Sadness and

depression are different. Sadness is a normal human emotion and passes quickly. Depression however is a

mental disorder that has an overpowering effect on many parts of a person's life. Depression can last much longer and while sadness is a part of depression, *most* of depression is actually the feeling of emptiness or hopelessness. Depression negatively impacts concentration and causes an immense sense of guilt. At worst, depression can cause thoughts of death or suicide...



The clouds make the sun appear faint today,
Life can bring many things that cause dismay,
If you wish, come sit by my side,
I'll listen to your troubles, nothing to hide,
I'll make you laugh, and we'll gaze at the stars,
All worries will vanish, we'll forget our scars,
In this moment of serenity and peace,
Our souls will find solace, and all troubles will cease. -Abhi

"Sadness can make us understand our wrong choices and teach us to do better next time" -Abhi

"Mature sadness results in empathy and compassion for others" -Abhi

"People cry, not because they are weak. It is because they've been strong for too long" -Johnny Depp

Anger is an intense emotion involving a strong uncomfortable and non-cooperative response to a situation. Experiencing anger will often experience physical effects, such as increased heart rate, elevated blood pressure, and increased levels of adrenaline and noradrenaline hormones in the body which can cause the fight or flight response. Anger usually occurs to stop an external factor. Anger can result in temporary decrease of objective observability, which means that when angry, people can say or do things which they would never do otherwise; Because of the temporary decrease in rational judgment.

Anger can be a good thing because it can give people a way to express negative feelings or motivate them to obtain solutions to problems.

Men express their anger more aggressively than women so it is generally assumed that men are angrier than women. Many psychological research shows that men and women both experience about the same amount of anger but women hide it or express anger less aggressively. This may be due to societal expectation that women are less aggressive than men.



Anger is a basic emotion and that's natural. However, aggression and violence is not good and should be avoided as much as possible. Making wise choices based on rational thinking is better than being aggressive. Teenage boys are generally more aggressive because of hormone changes and difficulty in impulse control. They feel stressed and frustrated because they are expected to be more mature while the adults still treat them like babies. Anger needs to be balanced to the point where its natural instead of letting anger rule over your brain and make you do violence. Show anger that you are in control of your body! Instead of letting anger completely take control of you!

"Anger is the easiest way, patience is the hardest way. Do you have enough courage to try the hard way?"-Abhi

"Patience is the rain which washes away the dirt called anger" -Abhi

"Mature anger is doing justice and having equality be enforced!" -Abhi

Fear is an unpleasant emotion caused by threat or by the awareness of danger. The psychological response to fear is fight, flight, freeze and fawn. Due to the adrenaline hormone, the body experiences fight or flight. In which it chooses to attack the enemy or to run away. Freeze is when the body temporarily becomes quiet or temporarily paralyzed until the danger passes. Fawning is when the brain decides to try and please whoever is triggering the fear response, to prevent harm to oneself.

Mindful awareness can help us notice a fear response and try to re-activate the logical part of our brain. So that our brain can make a wise and rational choice.



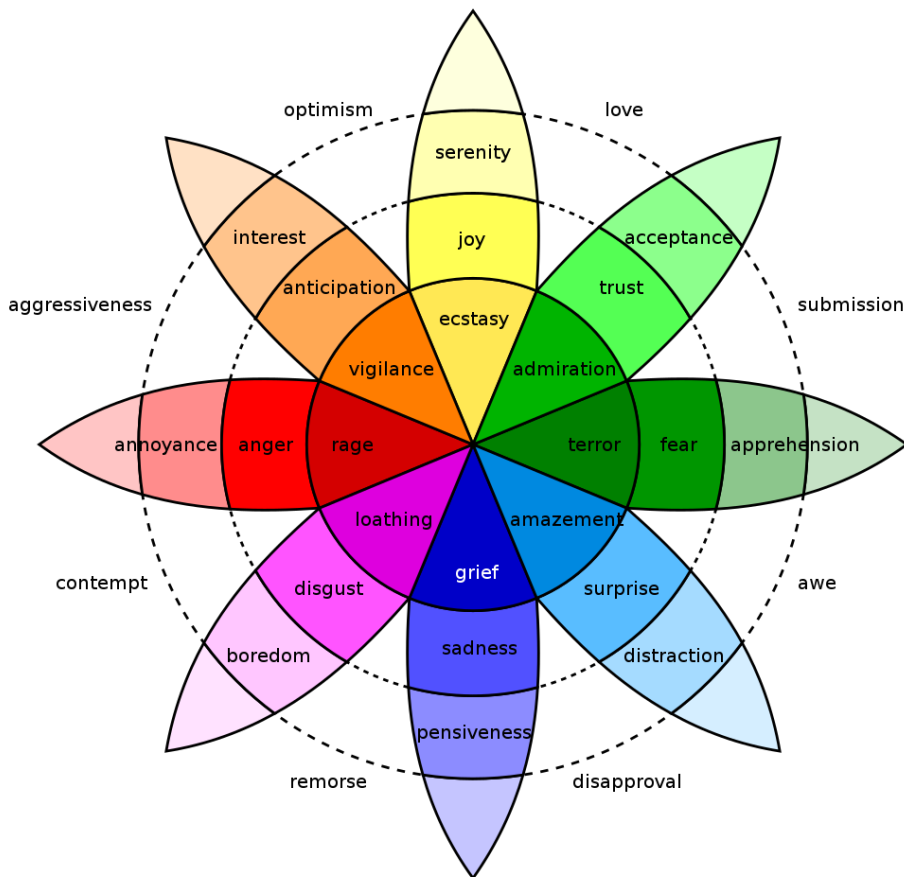
(Fear was previously mentioned in this book in the topic of *About fear and panic*)

"Fear is not necessarily bad. If you were calm when walking at the edge of a cliff then its a disaster waiting to happen. Fear stops you from doing such acts" -Abhi

"Patience and dedication is the way to defeat fear" -Abhi

Emotions are like a **volcano**. This analogy explains that emotions should not be suppressed for a long time. If emotions are continuously suppressed then the pressure will build up inside, if pressure keeps increasing then one day the emotions will violently erupt like a volcano. Causing devastating effects. That's why emotions should be let out once in a while to ensure a healthy mind. Talk to a trustworthy friend for example or anybody who truly cares about you. Doing so, ensures better mental health and overall happiness.

The wheel of Emotions:-



Robert Plutchik proposed a psychoevolutionary classification approach for general emotional responses. He considered there to be eight primary emotions—anger, fear, sadness, disgust, surprise, anticipation, trust, and joy. He first proposed his cone-shaped model (3D) or the wheel model (2D) in 1980 to describe how emotions were related. This includes Joy versus sadness; anger versus fear; trust versus disgust; and surprise versus anticipation.

He suggested that primary emotions at different intensity can combine with each other to form complex emotions. Like jealousy, gratitude, annoyance etc...

One interesting thing is that emotions when expressed can form art, literature, music. Usually poetry and music can express emotions better than mere words and hence are a way to share one's feelings & thoughts. Sadness is

often considered as bad but it can result in the inspiration and creation of such beautiful poetry, literature and music which can truly be heartfelt.

"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for." -Zig Ziglar

"Emotions can be the enemy, if you give into your emotion, you lose yourself. You must be at one with your emotions because body always follows the mind" -Bruce Lee

"Just as an artist mixes colors to create new shades, our emotions can blend and intertwine, creating different complex emotions."-Abhi

"Emotions are important but don't let emotions blind you from the truth! Feeding lies to yourself may be even worse than knowing the truth" -Abhi

Influence of media in modern life

Media is defined as the means of general communication or entertainment. This includes poetry, stories, movies, games and tv shows.

Media provides us with news, information, and knowledge from around the world, allowing us to stay connected and aware of global events.

Media influence by a media message can result in either a change or reinforcement in audience or individual beliefs. These effects can be positive or negative, quick change or slow change, short-term or long-lasting. We not only obtain information through new media, but also disseminate

information to wide audiences. Its quite easy for people to spend hours of their day on YouTube or watching web series or tv shows. Media can **greatly** influence the psychosocial development of children, because they see and absorb so much information. Parents must make sure that children only watch age appropriate content and teach children how to protect themselves online. Children must be taught that not all online strangers are good and some might have ulterior motives!

People need to know a balance for how much content they watch in comparison to how much time they spend in real life with friends or family. Excessive use of the internet can detach people from the real world and make them forget their responsibilities! Please use the internet in moderate amounts.



While media can provide valuable information and entertainment, it can also be a source of misinformation, manipulation, and excessive consumption. The constant exposure to media messages can affect our self-esteem, mental well-being, and overall understanding of the real world.

We need to be mindful of the media's influence and we should question the messages we encounter, seek diverse perspectives, and make informed choices about the media we consume. We must also make sound judgment and protect ourselves from the negative effects of the internet.



People can understand, try to feel or to justify villains in a story. This happens because humans are imperfect and if they suffer incredible tragedy or injustice then they become bad to protect themselves from the rest of the world. Some villains are relatable because they are not pure evil, they became that way because of the circumstances they experienced.

The tragic backstory of a character usually changes people's opinions of that character. This can make the audience feel more pity towards the misfortunes of the villain.

Also, Our literary and visual media, including books, films, television series, and more, predominantly emphasize the pursuit of romantic relationships in countless ways. It is rare to witness the portrayal of a good friendship being described as significant or essential. This is because we romanticize *romantic love* as the highest form of relationship.

When one friend gets a romantic partner, they tend to forgo their other relationships, and outcast people who aren't partnered. A decade old strong and healthy bond is often abandoned for the sake of a temporary romantic relationship which is merely a few weeks or few months old. This is how media negatively impacts the minds and thinking of the audience, by depicting love as the ultimate goal and by rarely showing the value of true friendship, it can make friendship seem like a secondary type of relationship or as something surface level with no deep bonds. That is simply not true and even the ancient philosophers considered friendship as equally essential to romantic relationships. What we need to understand is that friendship is not second grade, true understanding and genuine support is true happiness.

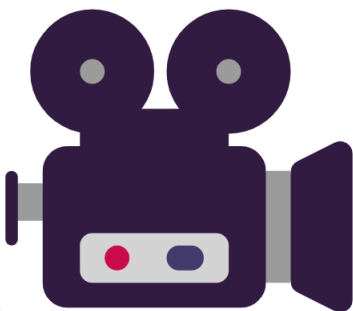
A better, more constructive approach would involve empathizing with the pain and suffering of others. However, it is important to note that such understanding should not be misconstrued as glorifying evil. Sometimes, the allure of villains in media can be attributed to their portrayal as complex and relatable characters, in contrast to the idealized perfection of traditional heroes. Unfortunately, the influence of modern media can lead many young people to prioritize personal gain over moral integrity, believing that engaging in minor wrongdoing can secure a brighter future. Media can be an unfortunate catalyst for the rudeness, insensitivity, and even cruelty observed in some younger individuals. It is essential for individuals to recognize the significance of their choices and to cultivate a mindful approach, ensuring that their actions contribute positively to the world around them.

*"Teach your children that there is no glory or heroes in war... That glory comes from the actions that **prevent** war and the heroes are the ones who implement those actions."* -Sustainable Human

On the bright side, the media is a great way to convey Philosophy and wisdom to a large audience.

Media can highly influence modern philosophical understandings and wisdom, to learn the importance of the deeper meanings of situations.

Through mediums like books, movies, games, and more, media conveys stories infused with wit and philosophy. These narratives have the ability to emotionally engage the audience and subsequently share insightful situations or profound explanations on specific subjects. In some cases, characters within these stories can even become iconic philosophical figures that the audience appreciates and want to learn more about. This dynamic relationship between media and philosophy opens doors for broader accessibility and engagement with philosophical ideas, for a greater appreciation of wisdom in the modern world.



In films, an example of a philosophical figure would be Master Oogway or maybe Master Shifu from the movie series *Kung Fu Panda* by DreamWorks Animation Studio. Oogway is the wisest kung fu master in the story and his philosophical statements have profound meaning. The entire *Kung Fu Panda* series has various different philosophical examples

and silly jokes which is a great way to convey deep meaning to the audience while still being entertaining to watch.

"You are too concerned with what was and what will be. There is a saying: *Yesterday is history, Tomorrow is a mystery, but Today is a gift.* That is why it is called the present." -Master Oogway

"If you only do what you can do then you will never be more than who you are now." -Master Shifu

Another philosophical example would be the video game Journey by Thatgamecompany which is based on the concept of the monomyth. The monomyth or the hero's journey is the basic idea of a hero's life story and can also be seen as the cycle of life. Although the Journey game does not explicitly state the cycle of life, the game certainly has a way to make the audience philosophically contemplate life. There are more games which are meant to make the audience feel emotional with its storyline or visuals. Offering more insight on the world.

Stories, movies and TV shows are the more obvious ways of spreading wisdom. The modern world also includes memes which share a philosophical idea in a more comic or light-hearted way to the audience. Wikipedia and other online websites are a great way to learn about the history of philosophers and about various concepts of philosophy.

Knowledge



Experience



Internet Addiction Disorder:- Unfortunately the modern world and modern media can lead to internet addiction.

Internet addiction disorder refers to a psychological condition in which people experience an excessive and uncontrollable reliance on the Internet. It is characterized by compulsive Internet use, a preoccupation with online activities, and a loss of control over one's online behavior. People with Internet addiction disorder may spend an excessive amount of time online, neglecting or completely ignoring their personal and professional responsibilities in the real world. This may result in withdrawal from offline social interactions, and experiencing negative consequences as a result of excessive Internet use. Recognizing and addressing Internet addiction disorder is important for individuals to regain control of their lives, improve their well-being, and develop a healthier relationship with technology and the online world.

"You should know that all power comes at a price. For every bit of power you gain, so too do you gain more responsibility."

"When you don't know what to do, just take the first step. The rest will figure itself out naturally." -Beidou(Genshin Impact)

About Beauty and Art

One of the fundamental philosophical questions is "What is Beauty?"

Beauty generally means a combination of aesthetic appeal, pleasing qualities, and a sense of harmony or something which can cause emotions in the mind of the viewers.

Beauty could mean the calmness of a sunset. Beauty can also be seen in acts of kindness, compassion, and love, as they reflect the inherent goodness and harmony in human interactions.

However, its very difficult to explain exactly why something is beautiful. A sunset for example, why is it beautiful?

Generally anything with *symmetry*, **contrast**, vibrant colors and definite geometric patterns are considered beautiful.

A sunset could be beautiful because the sky looks different from the usual blue color and looks more red, yellow, pink or purple. It is the end of daylight so most birds and animals go for rest, this could be one reason which makes sunsets beautiful because its a time when creatures end their day and go to rest. Ultimately it all depends upon interpretation. It is a deeply personal and



subjective experience, influenced by personal preferences, cultural upbringing, or societal standards. Beauty possesses the power to inspire, uplift, and evoke emotions. It has the ability to transcend beyond language and cultural barriers, touching the human spirit in fascinating ways. What seems beautiful to you may be different for someone else.

Beauty can be found in a delicate flower, a captivating piece of art, a melodious piece of music, or even in an act of kindness. It's not just about physical attractiveness but also about aesthetics and the depth of one's character. Ultimately, ***beauty is in the eye of the beholder***, and what one person finds beautiful, another might not. This diversity in perceptions of beauty contributes to its richness and depth.

Art is the application of human creativity to create works which can instill a sense of emotion or beauty to the viewers.

It has a wide range of forms and mediums, including visual arts (painting, sculpture, photography), performing arts (music, dance, theater), literature, poetry, film, architecture, and more.

Art allows artists to convey their ideas, emotions, and perceptions to an audience. Artists draw upon their creativity and craftsmanship to bring their ideas to life, using various techniques, materials and styles. It can inspire, provoke thought, challenge societal conventions, increase empathy, or be an example of beauty. Art can be an expression of one's creativity but it can also be therapeutic, a way to reduce life's wear and tear. One thing is certain, art shall forever act as an escape in life's long and complicated maze.



Beauty and art can be found in natural creations, the elegance of a well-written poem, the gentle melody of a song, a well made movie, the gracefulness of a dancer's movements or the design of architecture. The list goes on... In literature *Stories are the most wonderful and creative way to convey any emotion or message.*

Art is a great method to preserve human history and cultural expression. It reflects the values, beliefs, and perspectives of different societies and time periods, preserving and transmitting cultural



heritage from one generation to the next.¹⁴ Art can be profound enough to overcome all language barriers and is a way to express stories which may have a deep meaning, something which mere words struggle to express. Well written movies are also a type of art which can express emotions and messages which would otherwise be difficult to convey.

Artists often take inspiration from the beauty of nature and environments. While also being able to create abstract imaginary depictions of ideas. Unfortunately, society has been rather harsh and unsupportive of creative people. Some singers and some artists are absolutely adored, they are celebrities but others who might have similar talents and creative work are ignored, not respected and people force them to get a 'real job'. Many people believe that working in the entertainment industry or as an artist is like sitting and swinging your legs as money falls on them while they do no hard work, or that they never worked a 9 to 5 job or did anything that required physical power. For them, a "real job" can only be something where you are sweating out in the field. The reality is, creating any good piece of work takes a LOT of time and effort and often there is editing/redoing which is time consuming. Writing anything or creating a work of art takes effort and hours are spent in doing so, what people see as a single scene in movies likely went through several takes and many edits, hence it is not easy. People think such work is easy but if they themselves were given to create the same then they will fail miserably...

People hate whatever they consider to be risky. Things that people do not understand are frequently seen as an imminent risk. ***You can make nothing and still be despised. You can make art and be completely beloved.***

The truth is, if historically famous singers, dancers, artists or writers did not dare to do something different then nothing would have changed, yet look at this world, this world has been changed due to the innovation of their creativity. ***They were great because they dared to do something different and also had endurance to tolerate the negativity of the people.***

Those who dare are often criticized by the risk they might be undertaking but *if nobody dared then the world would never change at all.* People who speak up and let their voices be heard are the ones who can truly change the world for the better.

¹⁴ image: Flaticon.com

"Most people want you to be a good little worker bee for the system and creatives don't fit into the system."-Design theory on youtube

That's the thing about society, it often focuses on following a single tone than to create a new melody. If music was only monotonous then it be rather difficult to enjoy... Similarly, new creative talents may be suppressed but without them, this world would be too monotonous to have any excitement. Empathy, cooperation and support is the pillars of any community, if people don't have that then the community will ultimately collapse, leaving suffering in it's wake. *What the world needs is not more hate but a bit more support and the desire to improve.* After all, humans need a shoulder to lean on and what could be a better help than to appreciate and understand their vision, thier wish.

"Never forget that your work matters, even if it matters only to you"-Design theory on youtube

Another problem artists face is that the client always finds something to complain about, so one tip is to orderdo the work, then the client will ask to delete that part. Then both will be happy because you received the original version you wanted to present and the customer had the satisfaction of erasing something from the work, so they feel like they contributed to the work. They want to feel important enough as to make contributions to the work. Often when people want artists to be "creative", what they really want is for the artist to understand the wishes of the client and make art closest to their wish, artists are rarely asked to express their own creativity. This is an issue most artists face, hence one needs to be careful when dealing with this.

"It is far easier to consume creative works than to reflect on them"
-Design theory on youtube

Especially in the modern times, people are much more likely to merely watch a movie, read a poem or listen to music *than to understand the true message included in it.* Reflection is important, all great stories are written in a way to convey a message to the people. In literature it's called *reading between the lines.* Sometimes the message is explained but most of the time, it is kept for the audience to interpret which may result in people overlooking the deep meaning and noticing only the surface details. A story could be simple and still have a profound meaning hidden in it, what we need is some time and

patience to reflect. Reflect upon the meaning and decide if/how we can implement or support that meaning in real life. You may watch one movie a month or one movie everyday, or a poem or a quote or an artwork, if you reflect and understand the message then you are already gaining wisdom and new insights into the world.

Art has historically made people contemplate their choices and emotions. In the present and the future, art will continue to inspire humankind's thinking.

"The aim of art is to represent not the outward appearance of things, but their inward significance" -Aristotle

"Creativity is intelligence having fun" -Albert Einstein

"Art is the soul trying to express emotions in others without even speaking a word" -Abhi

"Without art, this world would be no different than a nightmare with endless work and suffering" -Abhi

*On this morrow, birds in chorus sing,
Their melodies with the temple bell do cling.
A world reborn, a thrill in every heart,
As life awakens with a brand new start.*

*Children dance and play in the morning's grace,
In a merry whirl, their laughter fills the space.
A tranquil day, its beauty to display,
In your unique way, fulfill it as you may.
-Abhi*

About Music

Music is a universal language that transcends boundaries and brings people together. It is an art form that uses sound to express emotions and ideas. Music can be composed of melody, rhythm, harmony, and timbre, among other elements. It has the power to evoke a wide range of emotions, from joy to sorrow, excitement to tranquility. Music is a source of comfort, a form of expression, and a means of communication. It plays a significant role in various aspects of society and culture, including ceremonies, celebrations, and entertainment. From classical



symphonies to modern pop songs, music is a diverse and dynamic medium that enriches our lives in countless ways.

There is no concrete definition of music and there are many ways to express music.

Music has the ability to express a wide range of emotions. It can capture and convey feelings of joy, sadness, excitement, tranquility, and more. By listening to music that aligns with our current emotional state or our desired emotional state, we can find an outlet for emotions and experience a sense of emotional relaxation. Most people listen to sad music when they feel upset, for why not, music is a great way to balance emotions and feel *heard*.

Music has the capacity to alter and regulate our mood. When we are feeling down or stressed, uplifting and cheerful music can help lift our spirits and bring about a more positive mood. On the other hand, when we are feeling agitated or overwhelmed, soothing and calming music can help us relax and find inner peace. The tempo, rhythm, melody, and lyrics of music all contribute to regulating the human mood. Music can serve as a powerful distraction from negative emotions or intrusive thoughts. It can redirect our attention and focus towards the sounds, melodies, and lyrics, helping us momentarily detach from distressing emotions. This distraction allows us to gain perspective, clear our minds, and regain control over our emotions.



Music has the ability to resonate with our own experiences and emotions. When we listen to music that reflects our feelings or experiences, we can feel a sense of validation and connection. It reminds us that we are not alone in our emotions and that others have gone through similar experiences in life. This connection can be deeply comforting and healing for the mind.

Certain types of music use the power of media to influence a good change in other people's life, such as motivational songs which have the ability to uplift our spirits and inspire us to take action. They can increase the sense of determination, resilience, and optimism, helping us overcome challenges and navigate life with greater strength.



Music has many different types(genres) but one thing is sure, it is meant to convey emotions and make people feel better. So if you are tired or stressed, listening to music can actually help. Music¹⁵ used could be instrumental or vocal, whichever makes you feel better. With equipment like headphones, earbuds, surround sound speakers,soundbar etc one can feel even more immersed and physically present in the world of music. Thus acting as a significant method to connect to emotions.

"Music is the medicine of the mind."

"Where words fail, Music speaks"-Hans Christian Andersen

"Music is the universal language that speaks to the souls, unlocking emotions, memories, and dreams, and uniting us all in its enchanting melody." -Abhi

About Justice

Justice does not have any concrete definition. It can be said to be the ethical, philosophical idea that people are to be treated impartially, fairly, properly, and reasonably by the law and by arbiters of the law, that laws are to ensure that no harm befalls another, and wherever harm is alleged, a remedial action is taken.

Basically, justice is about having correctness be imposed.

The symbol of Justice is a balanced scale  which represents impartiality, a sword which represents power or as a woman in a blindfold with the balanced scale & the sword.



The concept of justice is deeply intertwined with ethical and moral principles. It guides our understanding of right and wrong, helps resolve conflicts, and shapes the framework of laws and social norms. However, the understanding and interpretation of justice can vary across cultures, societies, and philosophical perspectives.

Morals are the essential principles and values that influence our behavior and decision-making and our understanding of justice. Morals are the core for

¹⁵ image: Flaticon.com

distinguishing between right and wrong, and they influence our judgments about what is just and unjust.

They provide a basis for assessing and evaluating actions, policies, and societal structures such that they align with our collective sense of what is fair and just. Morals bring a sense of empathy, compassion, and consideration for the well-being of others into the process of justice.

Rationalism is the use of reason, logic, and critical thinking in understanding the world and making informed judgments. Rationalism allows one to examine and evaluate different arguments, evidence, and perspectives in order to arrive at impartial conclusions. Rational thinking helps to identify underlying causes of injustice, and reach effective solutions. It encourages a systematic and objective approach to justice, minimizing biases, prejudices, and personal interests that may hinder fairness or equality. Rationalism promotes the idea that decisions and actions related to justice should be based on sound reasoning, evidence, and logical analysis of the situation.

“Compassion is the basis of all morality”–Arthur Schopenhauer

Morals provide the values and principles that guide our understanding of justice while rationalism ensures that our pursuit of justice is based on reason, evidence, and investigation of relevant factors. By combining moral principles with rational thinking, we can create a more logical and compassionate feeling of justice in our own life. When we treat others in our life justly and others also treat us justly, we become a better version of ourselves. Justice in daily life is equality and consideration of various factors to judge people & improve them, in order to acknowledge and fix their mistakes.

Unfortunately, in daily life a lot of personal bias and emotions tend to stop us from true justice...

Personal bias refers to the inclination or prejudice that individuals may have towards certain beliefs, situations, ideas, or perspectives, which can impact their perception and judgment. In the context of justice, personal bias can significantly influence the fairness of the outcome.

When personal bias seeps into a system of authority and justice, it can undermine the principle of impartiality and compromise the fairness of decisions. People involved in the justice system are not immune to personal bias. It can affect their perceptions, interpretations of evidence, treatment of witnesses, and the overall decision-making process.

Thus people need to examine their own biases and prejudices. This self-awareness can help mitigate the impact of personal bias when ensuring justice.

By explaining and training about implicit bias, cultural competence, and fair decision-making. It can help individuals in the justice system understand the influence of personal bias and create strategies to counteract it. By taking suggestions from various people, we can minimize the impact of personal bias by incorporating multiple perspectives and experiences of the people as a factor when making judgment. Even if other people's thoughts disagree with your own, you should consider them while making the final judgment based on rational thinking.

By taking proactive steps to mitigate the influence of personal bias, we can have a better system of justice. In legal situations as well as in family or work situations.

Justice is not something limited to the courts. In our daily lives, we make choices which can influence other people. Justice is very important in such a decision making process. We mustn't fall prey to human bias and instead make rational judgement. This could be decision making for the family, for the child or in the office. We must make the correct use of power because injustice in the workplace could be an overall bad influence. Same applies to academics, schools must make logical rational decisions and must not consciously or subconsciously promote bias.

Remember, most incorrect decisions made in the past can be corrected. If you have the power then please rectify the problem because it is **better late than never**. It will truly be helpful for the people.

The consequences of incorrect or biased judgement: When justice is not served properly, it undermines the fundamental principles of fairness, equality, and the protection of rights of the individual or the society. This can result in a cycle of suffering and hatred.

When justice fails to deliver fair and just outcomes, it erodes people's trust in the decision maker and decreases the respect in people's minds. Incorrect justice can contribute to social unrest and create conflicts within the community. When people feel that correct justice is not being served, it can

lead to frustration, anger, and a sense of injustice. This can give rise to protests, demonstrations, and even violent clashes as individuals want to achieve the correct solution to the problem.

Incorrect justice can have severe negative effects on the lives of individuals who are directly affected by unjust decisions. Wrongful convictions, unfair treatment, or the denial of basic rights can lead to emotional distress, trauma, and a loss of hope. It can disrupt families, careers, and personal relationships, causing long-lasting damage to the people. This could be true for situations in the community or in the family.

A just society means a shared belief in the fairness and legitimacy of the justice system. When incorrect justice prevails, it decreases social unity by creating divisions, regret, and a sense of alienation among different groups. This can severely hinder the progress to a happy community.

Perhaps with unity and dedication we can truly achieve a just and equal human existence. A world where no one should suffer because of other's arrogance or for any injustice or inequality caused by prejudice.

Importance of Mercy: In our daily lives, we should try to decrease our grievances and be more thoughtful about having mercy towards others. We must still fight against wrongdoings! But in smaller less severe cases caused by friends or family. Its good to be merciful and have less severe consequences for the other person. Through Empathy, let us understand *why* they did what they did & place ourselves in their shoes. Would we make the same choice? How would I feel then? Considering all the factors, we should decide if they deserve mercy or if they truly deserve punishment.

Justice does not necessarily mean the courts. Each human can try to be more just in their actions and that would be justice in our lives!

"The quality of mercy is not strained. It droppeth as the gentle rain from heaven upon the place beneath. It is twice blest: It blesseth him that gives and him that takes" -William Shakespeare (in The Merchant of Venice)

In simple words, Shakespeare means to say that Mercy is like a gentle raindrop that falls from the heavens and blesses the Earth. The one who acts merciful is blessed by the heavens and the one who receives the mercy is also blessed. This is a beautiful example of the importance of mercy. However, mercy should not be confused with justifying evil. Evil **must not** be justified. *Trying to justify evil is indirectly giving permission for evil to persist!*

It is also important to know that **justice is not mercy or compassion**. Justice is **rightful judgement** of the cause. As for mercy and compassion, it is upto us (the other people in the audience) to express but true justice is judgement. May justice be a reflection of people's karma...

"Mercy is like rain, descending upon the parched earth of the soul, healing whenever it arrives"

-Abhi

"The world will not be destroyed by those who do evil but by those who watch them without doing anything." -Albert Einstein

"Forgive others, not because they deserve forgiveness, but because you deserve peace." -Jonathan Lockwood Huie

About Freedom

Freedom also has no concrete definition. It means the state of being unrestrained, autonomous, and independent in one's thoughts, choices, and actions. Freedom involves the absence of coercion, oppression, or arbitrary control from external forces. It's the right to express oneself, pursue individual goals and aspirations, and make decisions that align with personal values and beliefs. Freedom is deeply connected with notions of individual rights, human dignity, and the pursuit of happiness. A *flying bird* is a universal symbol for freedom because it represents the ability of birds to take to the skies whenever necessary, to escape and be free. A caged Bird is the symbol for the lack of freedom.

Freedom is an essential part of a healthy self-sufficient life. Freedom of choice along with the absence of bias makes people closer to wisdom.

Freedom comes with **responsibilities** and limitations. It must be exercised in a way that respects the rights and freedoms of others and upholds the principles of justice, equality, and social harmony for all. "May we think of



freedom, not as the right to do what we please but the opportunity to do what is right" -Peter Marshall

One must not misuse their power of freedom to do things that can directly or indirectly harm others. Freedom is important but if it causes more harm and suffering in others then perhaps it's better to respect limits & boundaries. This raises the question of how to balance personal freedoms with responsibilities towards others and the well-being of society. The quest for freedom¹⁶ involves navigating the balance between personal liberties and the collective good.



Types of freedom include-

Economic freedom: Economic freedom involves the ability to engage in economic activities, such as owning property, pursuing livelihoods, and participating in trade and commerce, without undue interference or constraints, like the absence of excessive government regulation.

Personal freedom: Personal freedom is the autonomy and freedom of choice individuals possess in matters such as lifestyle, relationships, beliefs, and personal expression. As well as making correct decisions for one's identity.

Intellectual freedom: Intellectual freedom means the unrestricted pursuit of knowledge, ideas, and intellectual exploration. It is the freedom to have critical thinking, express opinions, and access diverse sources of information and education.

Freedom plays a central role in human flourishing and the realization of human potential. It provides the conditions for self-actualization, personal growth, and the pursuit of meaningful lives. When individuals are free to express their authentic selves, pursue their passions, and contribute to society, they can experience fulfillment and genuine happiness. Freedom nurtures creativity, innovation, and the diversity of human experiences.

Freedom faces challenges in various forms. External factors like Authoritarian regimes, oppressive systems, and societal prejudices can restrict individual liberties. While internal



Image: Flaticon.com

factors like fear, ignorance, and self-imposed constraints can limit true freedom.¹⁷

Psychological determinism is the idea that our actions are automatically elicited by a combination of our psychological states, such as our desires and character traits as well as perceptual input, such that we are not really in control of what we do. This limits true freedom. Freedom involves balancing between individual liberty and collective freedom whilst pursuing a just and harmonious world.

Jean Jacques Rousseau said, *"Man is born free but is everywhere in chains."* This means that when someone is born, he is all on his own and is supposed to be able to act out whatever he wishes.

Their later actions are all influenced by the upbringing he encountered as guided and restricted by the environment and society he lives in, to which he has to adapt properly in order to survive. This means that societal organization reduces a person's freedom to some extent.

"Freedom is like a bird soaring through the open sky, unrestricted by cages or boundaries." -Abhi

"Freedom is when you let go of all bias and ego to see the truth as it is. At that moment, you will witness true wisdom" -Abhi

"Those who deny freedom to others, deserve it not for themselves" -Abraham Lincoln

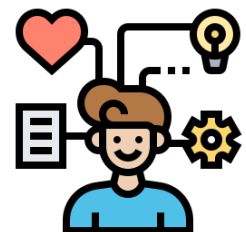
"The secret of happiness is freedom, the secret of freedom is courage." -Carrie Jones

"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others." -Nelson Mandela

About Personality

Personality is the combination of qualities that form an individual's distinctive character¹⁸.

Personality changes over the human lifetime, a person behaves differently as a child and differently as an adult or an elderly. Personality is extremely important because it impacts the decision making and choices of people.



¹⁷ image: Flaticon.com

¹⁸ image: Flaticon.com

For centuries many Philosophers have believed that humans are born as a blank state(tabula rasa) whereby personality development is based on experiences and choices alone. However, modern psychological research has shown that a big part of the personality is inherited from parents while rest are acquired. Experience and life choices still greatly influence how personality develops. Psychologists have proposed numerous theories to elucidate the complexities of personality. From the psychodynamic theories of Freud and Jung to the trait theories of Allport and the cognitive theories of Bandura, each perspective offers distinct insights into the formation and dynamics of personality. These theories explore the interplay of biological factors, early experiences, social learning, and cognitive processes which define our personality. Evidence suggests that there are five big personality traits that are inherited to a certain degree. The five traits that make up personality and are influenced by genetics are openness, conscientiousness, extroversion, agreeableness, and neuroticism, sometimes referred to by the acronym OCEAN.

"Beauty only gets attention but Personality captures the heart" -Marilyn Monroe

- **Openness to Experience:** Openness refers to a person's willingness to embrace new experiences, ideas, and perspectives. Individuals high in openness tend to be imaginative, curious, and open-minded, while those low in openness may be more conventional and prefer familiarity.
- **Conscientiousness:** Conscientiousness reflects the degree of organization, responsibility, and self-discipline in individuals. People high in conscientiousness are typically reliable, goal-oriented, and diligent, while those low in conscientiousness may be more spontaneous and flexible.
- **Extraversion:** Extraversion refers to the extent to which individuals seek social interaction and derive energy from being around others. Extraverts are often outgoing, assertive, and sociable, while introverts tend to be more reserved and prefer solitude or smaller social gatherings.
- **Agreeableness:** Agreeableness reflects a person's tendency to be cooperative, kind, and considerate towards others. Individuals high in

agreeableness are typically compassionate, empathetic, and value harmonious relationships, while those low in agreeableness may be more competitive and assertive.

- **Neuroticism:** Neuroticism represents the degree of emotional stability and reactivity in individuals. Those high in neuroticism may experience more intense negative emotions like anxiety and mood swings, while those low in neuroticism are generally more emotionally resilient and stable.

While it is true that personality keeps changing as we age. It can't be a sudden and complete change. An extrovert cannot suddenly change to an Introvert simply because they got old, they might find that they also enjoy solitude and peace in life. People tend to have subtle changes with age (unless some dramatic experience takes place which greatly changes their personality).

Personality is generally considered to be introverted or extroverted.

A simple way to understand this would be **Introverts experience less, think more.**

Extroverts experience more, think less. Introverts recharge by spending time in solitude while extroverts recharge by social interactions. A person who can do both is called an ambivert. One thing must not be confused, people are **not** 100% introvert or 100% extrovert, it's somewhere in between.

Ambiverts just have an easier time switching between solitude and social interaction.

Research has suggested a few basic principles for personality:-

Identity development principle: During the younger years of life, people are still exploring different identities. As people age, they begin to feel stronger loyalty to the identity they have had in their life.

Maturity principle: People tend to become more agreeable and emotionally stable as they grow older.

Plasticity principle: Personality traits are subject to environmental influences at any stage of life.

In education, recognizing diverse learning styles and individual differences in personality can inform instructional strategies and create supportive

environments. In the workplace, personality assessments aid in team building, career development, and personnel selection. Additionally, a deeper understanding of personality can enhance personal relationships, communication, and self-awareness.

In Myers and Briggs' theory (MBTI), personality types are described in terms of four-letter codes. Each letter in the code shows a key part of the personality. This theory of personality types tells us that the apparent random variations in people's behavior are actually predictable, as they are due to basic differences in the ways individuals approach key functions of thought, behavior, and interaction. Myers and Briggs described individual differences in terms of four personality dichotomies, including Extraversion versus Introversion, Sensing vs Intuition, Thinking vs. Feeling, Judging vs. Perceiving.

According to the MBTI theory, there are 16 possible combinations so there are 16 possible personalities.

The extraversion/introversion shows whether individuals prefer external stimuli and social interactions (extraversion) or prefer to be alone and in solitude (introversion). Thinking and feeling capture individuals' decision-making processes. Thinkers tend to make decisions based on logic, analysis, and consistency, whereas feelers prioritize personal values, empathy, and the impact on others around them. Finally, judging and perceiving describe how individuals approach the outside world. Judgers prefer structure, planning, and closure, while perceivers are more adaptable and open-ended.

MBTI is a self-reported assessment and is primarily used for personal and professional development rather than scientific diagnosis. It provides individuals with insights into their preferred ways of interacting with the world, their strengths, and potential areas for growth. It is not supposed to be thought of as a limiting factor for growth nor is it a magic identifier which is always correct about everything.

The author abhi is the INFJ personality type as per MBTI. This personality is known for being the overthinker!

Thus, the MBTI (Myers-Briggs Type Indicator) can be a useful tool for self-reflection and understanding oneself better but it's essential to recognize that personality is complex, and individuals may have behaviors that go beyond the limits of a single personality type. It's also important to avoid using the MBTI as a rigid categorization or as a concrete & forever accurate predictor of behavior, as people are dynamic and can adapt and change over time. It is true that some personality types are more emotionally sensitive than others (this can make people be more good) but there is a dualistic nature to everything in the universe, including every personality. When the heart is oriented towards the material world and away from higher, nobler pursuits, the self becomes relentless in fulfilling every desire and wish. Applying this to any personality reveals its dark side.

Through the MBTI test it has been observed that human personality types are not evenly distributed in the population. Some times are more rare than others.

It can also be said that some personality types are more likely to fit the characteristic of being *more kind and empathetic* than other personality types. This generalization can make it easier to predict who is more likely to be *smarter, disorganized, thoughtful, rational* etc. However, it's all a **generalization**. Do not see this as a limiting factor because people can do beyond what the MBTI personality states. This is just meant to make choices more predictable & less confusing. If you know someone's personality type, you can assume what they would do or what they can't do in a particular situation.

In our daily lives, personality is the behavior and qualities of the people around us. We try to understand others, contemplate and maybe understand why they took a certain decision and not do things differently. "If I were you, I would have done that instead" is a common thing to say because our personality may be different from others. The choices we would make could be different from others. We should just try to help each other do better in our own lives and try to have unity with those having opposing personalities. Try, try to not get into meaningless fights or arguments with the opposing personality type. The best thing to do would be to make a wise and rational choice of words & avoid conflict in the first place.

"If you are bold, you will fight.

If you are wise, you will see the truth before the trouble starts"

One thing is that others who know your personality could use that information and challenge you on your weaknesses. If you are short tempered, people can intentionally try to anger you and get you into trouble by making you look like a villain! The wise thing to do would be to **analyze and understand the situation**, understand how others are trying to manipulate your emotions. Then you will not fall into their trap and feel that it's better to avoid that situation. Keep a few tricks/plans in your mind, tricks which will give you the opportunity to excuse yourself from any situation. This could mean making excuses, pretending to be busy, pretending to be sick, pretending to be ignorant etc. Such tricks are a wiser alternative to avoid conflict.

If people are mistreating you then give them a wise response using a trick. Maybe give them a taste of their own medicine! *Dont be bold, be clever.* If someone is still mistreating you for no reason then be sure to **stand up for yourself!** There is no use having so much self doubt inside you, show them you can be rough and defensive! Ofcourse, be sure to do what's wiser for that situation.

As mentioned before in the topic *about memories*, people may forget your name but they will not forget your personality and character. Your personality makes you, *be you*.

Remember that no human is 100% perfect or correct all the time. Its just natural to make mistakes. The important thing is to rectify the mistake and try to not repeat the mistake again. If you have flaws in your personality then its completely normal. Actually, being flawless would be more unusual. So there is no need to have unrealistic expectations or goals to be perfect. **There is no need to be perfect**, just be better than you were in the past!

Find out what personality flaws you have and dedicate some time and patience to fix those flaws. If you try then slowly but surely, you will become the best version of yourself in this flawed and complicated world. And that will be a great achievement in your life!

"There is no need to be perfect. Just try to be better than you were yesterday."

"Now that you dont have to be perfect, you can be good" -John Steinback

"A beautiful appearance will last a few decades but a beautiful personality will last a lifetime."

"Personality is your real identity. Not your name" -Abhi

About Peace

Peace is a state of harmony and freedom from conflict. Its symbol is usually a dove and olive branch or the peace sign.

Peace is when individuals, communities, and nations coexist in mutual respect, understanding, and cooperation. With the presence of justice, equality, and compassion, promoting the well-being and flourishing of all.

Since human history began, several attempts have been made to establish peace in the world. Those attempts lasted a few decades before some trouble struck again... However, one thing is certain, humanity's longing for peace and hope has stayed. Peace is not laziness nor is it the absence of amazement. Peace is the state of contentment and freedom from conflict.



Inner peace (or peace of mind) refers to a deliberate state of psychological or spiritual calm despite the potential presence of disturbance. It's considered a state where our mind performs at an optimal level with positive outcomes. Inner peace is thus generally associated with bliss, happiness, contentment and wisdom. Many cultures consider inner peace to be a state of enlightenment achieved by practicing meditation, breathing exercises, yoga etc. Most people have difficulties embracing their inner spirituality because everyday stress gets the best of them; finding peace and happiness in the little joys of life can seem difficult, and results feel too much to achieve. Inner peace can be described as knowing oneself and achieving self actualisation.



Tenzin Gyatso said that "Through inner peace, genuine world peace can be achieved. In this the importance of individual responsibility is quite clear; an atmosphere of peace must first be created within ourselves, then gradually expanded to include our families, our communities, and ultimately the whole planet."

Stress, regret and arrogance stops one from achieving inner peace. However, those factors can be reduced by letting go of negative emotions, and training the mind to be more patient. Patience, dedication and understanding will help get us closer to inner peace.

I believe true peace is the contentment and peace of mind. This is not some impossible spiritual pursuit! How will you know if you don't even take the first step towards reaching peace of mind.

Interpersonal Peace involves acceptance of differences. and diversity among people; resolving disagreements. and conflicts nonviolently, with dialog and discussion; relating to others with compassion, empathy and a sense of justice. This provides the enjoyment of healthy relationships, safety, equality and fairness without causing harm or having ulterior motives.

Peace is linked to social justice. Injustices, inequalities, and discrimination results in unrest. Promoting peace involves addressing systemic issues, working for equal rights, and ending barriers that increase marginalization and oppression. Peaceful societies are to create inclusive institutions, empower marginalized communities, and strive for equitable distribution of resources to all.

The pursuit of peace is not without challenges. It requires confronting prejudices, overcoming fear, and embracing vulnerability. Peace-building efforts may face resistance and setbacks, but perseverance and resilience are crucial. Education, awareness, and promoting a culture of peace are essential to overcome barriers and transform conflicts.

Building a peaceful world demands international cooperation, diplomacy, and commitment to resolving conflicts through dialogue and negotiation. While upholding human rights and enforcing true justice. This is the way to peace.



True peace¹⁹ starts with nurturing peace within ourselves and radiates outward, influencing our relationships, communities, and the world. Achieving peace requires patience, empathy, and a commitment to justice. By nurturing harmony, compassion, and understanding, we can create a ripple effect, forming a more peaceful and harmonious world; one that cherishes the inherent worth and dignity of every individual and celebrates the interconnectedness of humanity.

"If we have no peace, it is because we have forgotten that we belong to each other." -Mother Teresa

"You cannot shake hands with a clenched fist." -Indira Gandhi

¹⁹ Meditation image credit: Flaticon.com

"It isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it. One must work at it." -Eleanor Roosevelt

"Peace comes from being able to contribute the best that we have, and all that we are, toward creating a world that supports everyone. But it is also securing the space for others to contribute the best that they have and all that they are." -Hafsat Abiola

"Do not let the behavior of others destroy your inner peace." -Dalai Lama

"Peace begins with a smile" -Mother Teresa

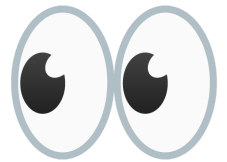
"The future depends on what you do today." -Mahatma Gandhi

About Focus, Attention and Observation

One thing similar in all philosophers is observation. They saw, they questioned and they contemplated finding an explanation.

Observation skills are the ability to notice details about a person, situation, or environment and use them to form understanding.

This allows for the formation of questions in one's mind²⁰ like, "why did that happen" "why didn't things work the other way". Same is true for people's behavior in a situation, when observed, it is noticed that different people react differently to the same situation. Some act out of arrogance or vengeance, others act out of logic and wisdom. Paying attention to such details about people can help us understand their personality more and gain more wisdom about why people act a certain way in a specific situation.



Attention to detail can also help us increase our resourcefulness (the ability to find quick and clever ways to overcome difficulties) and this helps us notice when someone is lying or trying to manipulate. This way, we can counter that by a witty reply.

The key is to observe situations, contemplate, understand why it's happening and not forget what we learned. Similar observation skills & attention to detail can be applied in most situations in life. Helping gain more experience and understanding and thus, increasing wisdom.

Sharpened cognitive skills enable us to analyze problems more effectively, identify relevant information, and devise creative solutions²¹. Enhanced observation skills help us uncover hidden insights and understand alternative

²⁰ Thinking icon credit: Flaticon.com

²¹ image: Flaticon.com



perspectives. If a **similar situation** occurs again in the future, the past experience can be used to understand the logic and solve the problem. This goes for arguments too, similar arguments can be solved by witty logic using the memory of a similar situation in the past.

Focus is the ability to direct our attention and concentration towards a specific task. It enables us to block out distractions, maintain mental clarity, and engage fully in the present moment.

Attention is the cognitive process that enables us to select and allocate mental resources to particular aspects of our environment. It determines what we perceive, process, and remember. If we improve our attentional skills, we can increase our awareness and gain deeper insights into the world around us. By being fully present and attentive in conversations we can actively listen, understand others' perspectives, and respond thoughtfully. Increasing focus, attention, and observation skills nurtures mindfulness, the practice of non-judgmental awareness of the present moment. Mindfulness improves the ability to manage stress and emotions.

One should create an environment optimal to focus²² by reducing external distractions, such as turning off mobile notifications, and finding a quiet space. Try meditating for a few minutes or just closing the eyes and contemplating.

One should engage their senses to enhance observation skills. To notice details, textures, sounds, smells, and tastes in the environment. Embrace new experiences and seek out diverse stimuli to broaden your understanding.

Regular breaks and self-care practices, such as exercise, adequate sleep, and stress management are essential. Don't overwork to the point of having burnout and whenever you do, just relax and give the body a much needed break. **"Hard work deserves hard rest"**.

Through mindfulness, minimizing distractions, active listening, and engaging the senses, we can achieve an incredible sense of observation and understanding of the world around us.



About self actualization and Toxic Perfectionism

Self-actualization, a concept introduced by psychologist Abraham Maslow, represents the pinnacle of human growth and fulfillment. It refers to the

²² Icon by: Flaticon.com

process of realizing one's true potential, living authentically, and pursuing personal growth and fulfillment.

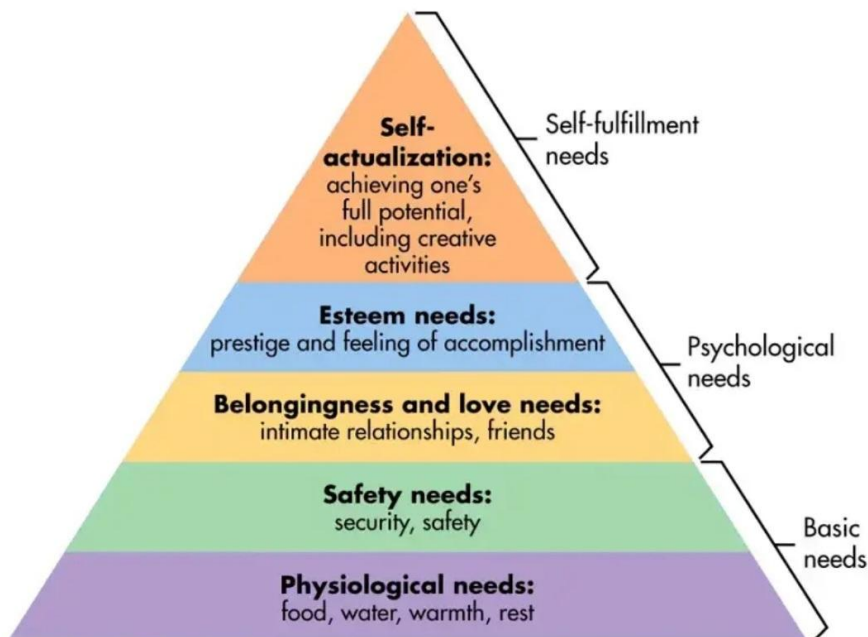
It's basically about becoming the best version of yourself with your full potential. However, this **mustn't be confused** with *perfection*. Self-actualization is becoming the best version of your own abilities, you can still be imperfect and make mistakes, making mistakes is completely normal, rectifying mistakes is the important thing. Perfection refers to having incredible abilities to manage anything... which is not really possible by one person & such unrealistic expectations are better to be avoided. Instead, self-actualization should be the goal.

Self-actualization involves the pursuit of personal growth, authenticity, and the realization of one's unique abilities. It goes beyond meeting basic needs and transcends external validation. It is about aligning with one's values, passions, and purpose, leading to a profound sense of fulfillment and a deep connection to oneself.

Abraham Maslow was a prominent psychologist who proposed the hierarchy of needs.

So many people at such a young age are forced to be perfect, mostly due to strict parents. Being good and sincere is one thing but forcing any human to impossibly perfect is brutal. They too are humans and *humans are special in their own imperfect way.*

This is based on human motivation



He identified five needs: Physiological, Safety, Love, Esteem, Self-actualization. Physiological needs refer to oxygen, food and water for human survival. Safety needs are ways to keep oneself physically safe and healthy. Love is being liked by others. Self-actualization is when an individual engages in self-development and personal growth. The theory states that the previous level must be achieved in order to reach higher levels.

Self-actualization involves understanding one's true self, accepting strengths and weaknesses, and living in a way that continuously seeks opportunities for growth, learning, and self-improvement. It needs discovering and pursuing a sense of purpose and meaning in life and working at the best quality of one's abilities.

To achieve self actualization, Think of goals that align with your values and aspirations. Break them down into actionable steps and work towards their realization. Engage in introspection, explore your values, strengths, passions, and aspirations. Reflect on what truly matters to you and what brings you a sense of fulfillment and happiness. Develop the ability to bounce back from setbacks and challenges. Think of failures as valuable learning experiences and use them to improve yourself. Explore new opportunities, step out of comfort zones, and embrace diverse experiences that expand your perspectives and increases your understanding and wisdom of the world.

Self-actualization should be the ultimate goal of all humans because while perfection is unrealistic, expertise is achievable. Just be the best version of who you are and this will result in a deep sense of fulfillment, increased self-awareness and self-acceptance, enhanced well-being, and more meaningful connections with others. It allows individuals to live a life aligned with their authentic selves, having personal growth, and contributing positively to the world around them. *Affirmation builds towards self acceptance.*

Toxic perfectionism is the idea of being perfect with no accompanying sense of realism. People with such perfectionistic thinking set unrealistic expectations for themselves and others and consider any deviation from these standards as a huge mistake.

Toxic perfectionism starts as a form of self-oriented perfectionism but it can easily end up affecting many different people in the perfectionist's life. When one refuses to accept their own flaws, one is more likely to project these

harsh standards onto other people. As a result, toxic perfectionism can make it difficult for oneself to maintain relationships in both their personal and professional life.

Nobody is correct all the time.

In the end, patience and dedication matters more than perfection

If one can overcome toxic perfectionism, they will feel a far greater sense of ease and joy when they work hard to achieve goals.

Remind yourself **all you can do is *your best***, rather than *the best*. Practice self-compassion when you fall short of your personal standards or someone else's standards. Remind yourself everyone has strengths and weaknesses and there's no such thing as true perfection in the real world! No matter how good or not-so-good you think you are, some days you might do better than you expect, while other days you may not do as well as you'd like. Rather than allow your self-esteem to fluctuate between those two extremes, remember that your true value comes from who you are as a person, not just how well you perform at any given time.

If you often hear a negative voice inside your head, it's time to change how you talk to yourself. Try being mindful and analyzing your thoughts. Ask yourself why you criticize yourself and others. Instead of toxic criticism, be kind to yourself and others, understanding that we all make mistakes and are human. This will help you grow and create a positive environment *for everyone* and not just yourself.

You can aim high and have big dreams, but it's important to know that you might not always reach them and that's okay. Try to set goals that you can realistically achieve instead of always chasing perfection. If a goal feels too big, break it into smaller steps, so it becomes easier to accomplish day by day. Then one day, your efforts would bear fruit.

"The greatest quest in life is to reach one's potential"-Mychal Wynn

"No matter who you are, no matter what you did, no matter where you've come from, you can always change, become a better version of yourself."

-Madonna

"Let yourself be drawn by the stronger pull of that which you truly love."

-Rumi

"What you have to decide... is how you want your life to be. If your forever was ending tomorrow, would this be how you'd want to have spent it? Listen, the truth is, nothing is guaranteed. You know that more than anybody. So don't be afraid. Be alive."

Sarah Dessen

"What a man can be, he must be.

This need we call Self-actualization"

-Abraham Maslow

"Perfection is unrealistic, Expertise is achievable. Just try to be the best version of yourself and you will witness true happiness" -Abhi

"Perfection is a toxic desire. We are not supposed to be perfect. The challenge is not to be perfect, it's to be whole." -Jane Fonda

"Perfectionism doesn't make you feel perfect; it makes you feel inadequate"-Maria Shriver

"Only a fool pursues perfection; the wise pursue self-correction" -Abhijit Naskar

About Stereotypes

Stereotypes are oversimplified perceptions of people based on their characteristics. This involves making judgements and biases about others without thinking about the truth or the complexity of the situation. The term "stereotype" actually originally referred to a solid printing plate developed in the 18th century as a faster alternative to setting type by hand when using printing presses. The idea behind the stereotype was a piece of information that could be printed repeatedly without ever changing.

There are too many stereotypes, some examples include gender,age,nationality,political stereotypes etc...

An analogy to understand stereotypes would be: Stereotypes are the simplified incomplete information we received as children. This created a wrong impression for years and when we get older,we finally understand the truth and get the complete information. The old misunderstandings are then replaced by the truth. Similarly, stereotypes must be replaced by reality.

Gender stereotypes

A gender stereotype is an oversimplified perception and expectations of someone based on their gender or sex. This involves making assumptions about what a man or woman should/shouldn't do.

This typically includes ideas like:

Men are strong, assertive, and less emotional. Women are nurturing, emotional, and should take care of others.

Men are more interested in sports and physical activities, while women prefer activities related to beauty and fashion.

This includes stereotypical nonsense like, "*men can't feel pain*" or that "*men don't cry*". All of these statements are unscientific, non psychological and are of irrational thinking. In truth, *everybody can feel pain, everybody can feel afraid*. If one cannot feel any pain then one is dead & fearlessness is not the absence of fear but rather about having enough courage to do dangerous tasks anyways. Faking and hiding the truth will hurt more in the long term than expressing that which you truly feel. To feel is human, feeling is being *alive*.

As for men not crying, everyone can feel sadness or grief. Men may not express their emotions in the form of tears but they feel immense sadness too! Or they could cry in secret and not show it to anyone else. Not expressing emotions is another stereotype which, if removed, then perhaps we would witness more men who freely express their emotions & the world would be more understanding. The truth is, wise men are more valued in the long term than physically fit men. Appearances are temporary, wisdom is eternal...

As for impressing women, if they are *only* impressed by your appearance and your clothes then it's not true love at all, they love your wealth more than they love you. True love is a connection between two minds. To achieve true love, try to improve your character and then real love will find you.

"Try not to become a man of success. Rather become a man of value." -Albert Einstein

"There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self." -Ernest Hemingway

"It takes more courage to reveal insecurities than to hide them, more strength to relate to people than to dominate them, more 'manhood' to abide by thought-out principles rather than blind reflex. Toughness is in the soul and spirit, not in muscles and an immature mind." -Alex Karras

"Why should men be constrained by antiquated stereotypes of masculinity? What does it even mean to 'Be a Real Man' anymore? Shouldn't we all be celebrating a wide range of definitions of manhood?"-Andy Dunn

As for women being not strong enough to handle rough jobs, it is certainly possible, given enough training and patience. Women are stereotypically not athletes but there are countless examples which disprove this. Women with enough dedication and courage can certainly become great athletes who inspire others to be strong too!

Women can be weight lifters, they can be pilots, they can be a scientist or an entrepreneur. It's all possible! and people should support women if they wish to pursue something other than stereotypically women oriented jobs.

More would be willing to break stereotypes and do more varieties of jobs if people around them and society in general offer more support. If we try then it's certainly possible! As for things like, *"sit like a girl"*, well, the truth is, no man ever said, *"good thing that girl is sitting properly!"* Yes, sitting properly is important during serious meetings and public places but in other cases, women deserve more freedom.

There are several stereotypes surrounding LGBTQ+ individuals too. They are also human, they also deserve respect and they also have the right to enjoy life with freedom. Be nice with them and when everyone respects each other, the world will achieve peace...

Gender stereotypes can be harmful as they can limit individuals' opportunities and potential, reinforcing traditional gender roles and expectations. They may also lead to discrimination and unequal treatment based on gender.

Challenging and breaking free from these stereotypes is crucial to promoting gender equality and creating a more inclusive and fair society. Gender equality isn't just a matter of justice; it is a fundamental human right and a critical aspect of building a just and progressive society. By promoting gender equality, we create an environment where all individuals can thrive, contribute, and achieve self actualization irrespective of their gender.

"If women are expected to do the same work as men, we must teach them the same things." -Plato

"A gender-equal society would be one where the word 'gender' does not exist: where everyone can be themselves." -Gloria Steinem

"A world full of empowered women isn't one where men are marginalized. It's a world where everyone thrives."

-Purnima Mane

"Both men and women should feel free to be sensitive. Both men and women should feel free to be strong" -Emma Watson

Age stereotypes

Age stereotypes are ideas about different age groups and the human aging process. For example, young people may be perceived as energetic but careless, whereas older adults may be perceived as wise but less adaptable. These preconceived notions can lead to discrimination, limited opportunities, and the unfair labeling of people.

Age stereotypes can stem from a variety of sources, including media portrayals, cultural narratives, and personal experiences. The media often perpetuates stereotypes by portraying older adults as frail and dependent, while glorifying youth and emphasizing physical appearance. Cultural narratives that associate aging with decline and loss of value contribute to these unfair biases.

Internalizing age stereotypes can negatively impact self-esteem and self-perception, leading people to undervalue their abilities and potential. Age stereotypes can lead to discrimination in various areas, such as employment, healthcare, and social opportunities, limiting the potential and contributions of individuals simply because they are "not experienced" or because they are "too old".

The truth is, ***young people can be wise and adults can be childish*** in various situations. Just because someone is old doesn't mean that they know the better of *everything* and just because someone is young doesn't mean we should disregard their suggestions and ideas. People can make mistakes or provide wrong judgements. It is best to choose the most rational and efficient choice when receiving suggestions. One can often witness a young teenager who is wiser and more down to earth than an adult, twice as old but half as wise.

Some ways to counter age stereotypes are,

Being mindful of language and communication, avoiding age-related stereotypes in daily interactions. Motivate intergenerational activities and programs that create positive interactions between different age groups,

encouraging mutual understanding and appreciation. Slowly, the stereotypes will fade away and understanding will increase.

By acknowledging age stereotypes, we must try to break free from it. Then and only then, we will achieve a better society which benefits from the wisdom of the elders and the innovation of the youngsters.

"When we age, we shed many skins: ego, arrogance, dominance, pessimism, rudeness, selfish, uncaring ... Wow, it's good to be old!" –Stephen Richards

"Learning is an ornament in prosperity, a refuge in adversity, and a provision in old age." –Aristotle

"Getting older makes you no wiser, but a number of lessons are learned."

–Toba Beta

"Wrinkles mean you laughed, gray hair means you cared, and scars tell you lived."

"Age is no barrier. It's a limitation you put on your mind." –Jackie

Joyner-Kersee

"We cannot always build the future for our youth, but we can build our youth for the future." –Franklin D.Roosevelt

"Teach the youth to speak the truth, show them what peace can do" –Rakim

"Youth is the first victim of war; the first fruit of peace. It takes 20 years or more of peace to make a man; it takes only 20 seconds of war to destroy him."

–Baudouin of Belgium

Nationality stereotypes

Nationality stereotypes are generalized beliefs or assumptions about the characteristics, behaviors, and traits of people from specific countries or regions. These stereotypes can be based on cultural differences, historical events or other factors. Stereotypes are often oversimplified and may not accurately represent the diverse and unique qualities of individuals within a particular country or culture.

Example includes: Italians Are Passionate.

Italians are stereotyped as being passionate because of their history of art and literature. Italy has produced some of the world's most famous and celebrated artists, including Leonardo da Vinci, Michelangelo, and Raphael.

Italy has a long tradition of passionate opera and ballet. These artistic forms are known for their expressive storytelling and grandiose gestures. This forms a stereotype which may be positive or negative depending on the situation.

Another example is that Japan is polite and tidy.

In Japan specifically, there is a strong emphasis on courtesy and respect for others. This includes keeping public spaces clean and tidy. It's possible that this cultural norm has led to the stereotype that the Japanese are polite and tidy. This is just a stereotype, not all Japanese people are tidy, just as not all Westerners are messy.

Another popular one is: India worships millions of gods.

That's just an incorrect translation. A surprisingly popular phrase for what is actually a translation error. There is a concept in the texts for *33 types of deities* used to represent the formless infinite. These are 8 material forms, 12 types of personifications, 5 abstractions, 5 functions, the 1 atma and the 2 nasatya.

Those are never specifically referred to as "gods"; it is actually *forms for the formless*.

Survival of the fittest

The phrase "*survival of the fittest*" was coined by the British philosopher and scientist Herbert Spencer, not Charles Darwin as is often commonly attributed. Spencer introduced this phrase in his book "Principles of Biology" published in 1864, which was written in the context of discussing evolution and natural selection. Which at first glance might make sense but if one truly contemplates and tries to research this then one will understand how misunderstood this actually is.

That phrase was easily adopted by the people and it's often understood as: *The people who are strong, tough and have great control over emotions are the most successful and can become leaders of society.*

This is also called an alpha male. However this is not how things work because unlike many animals, humans have the unique ability to cooperate and work together in complex ways. The success of human societies is often built upon collaboration, teamwork, and the division of labor, rather than individual physical power.

The misunderstanding is supported and promoted by **human ego**. People want to believe that roughness is the correct way of nature so that they can keep their ego intact and show off their capabilities to others. This

interpretation is actually hurting how humans order social institutions, including schools and workplaces. People think of competition as an essential tool for success while devaluing traits such as cooperation and friendliness, in favor of a competition that is often more harmful than good.

Countless scientists believe that humans have succeeded because we can live together, understand each other's feelings, take care of our children, and show love to our family and friends. These qualities are what set us apart and made us a successful species.

For example, Neanderthals had brains that were about the same size as Homo sapiens (humans), and they were stronger and had their own communities, they still disappeared over time. So strength alone is not a survival factor.

Human success is not solely dependent on physical strength. Our intelligence, adaptability, problem-solving skills, innovation and wisdom have been crucial to overcoming challenges and living in harmony. Compassion and cooperation of humans take precedence over purely competitive instincts and aggressive behavior. Kindness is not a weakness, kindness needs courage and those are the true signs of strength.

The principle of "survival of the fittest" has its place in evolutionary theory but applying it directly to human society oversimplifies the complex factors that contribute to our success and well-being. Human beings are complex individuals that cannot simply be classified as 'alpha', 'sigma' or any of those stereotypical nonsense. Our unique capacities for collaboration, culture and care extend beyond mere biological selection. Also, survival of the fittest is **no** mandatory rule of nature. Many species, including the bonobos, survive because of their **kindness and teamwork**, not because of *aggression or competition*.

It would be more **logical** if humans were wiser, more **sympathetic** and more **cooperative** towards everyone around them. Instead of trying to be an aggressive leader.

"Anger is the easiest way, patience is the hardest way. Do you have enough courage to try the hard way?"-Abhi

"We all do better when we work together. Our differences do matter, but our common humanity matters more."

-Bill Clinton

"A choir is made up of many voices, including yours and mine. If one by one all go silent then all that will be left are the soloists.

Don't let a loud few determine the nature of the sound. It makes for poor harmony and diminishes the song."-Vera Nazarian

"Coming together is a beginning. Keeping together is progress.

Working together is success."-Henry Ford

"Individually, we are one drop. Together, we are an ocean." -Ryunosuke Satoro

"Alone we can do so little; together we can do so much."-Helen Keller

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." -Leo Buscaglia

"I think we all have empathy. We may not have enough courage to display it." -Maya Angelou

"Cooperation and understanding are the true strengths of a person" -Abhi

Defeating Stereotypes

Stereotypes can be overcome by focusing on individual characteristics rather than group identity. We can go beyond gender, age or skin tone if we focus and understand the characteristics and personality of the **individual**. If we want to *truly* understand people, we need to focus on individual words and actions, not their group identity or related stereotype.

Storytelling and sharing life experiences can be a good way to connect with others. When we listen and understand people's experiences, we see them as people instead of seeing them as this stereotyped character who can only do certain things which are attributed to them.

Another way to end stereotypes is to be mindful of one's own biases and **question** the assumptions. Did we really research this issue? Did we get real evidence to support our claim? Before making a claim, we should investigate whether the claim is accurate. We need to be educating others, especially children, about the importance of critical thinking and questioning stereotypes. We need to have more open-mindedness and curiosity about other cultures and experiences. We need to show others the value of treating everyone with **respect** and equality.

An analogy for stereotypes could be to compare it to a one-sided picture of a person. Just like a one-sided picture, stereotypes are a limited and incomplete representation of a person, not showing the full picture.

Ending stereotypes requires continuous effort and **self-awareness**. By fighting stereotypes and promoting understanding and empathy, we can create a more accepting and inclusive world.

"When you simply categorize the person, you're not attributing much of a mind to them" -Susan Fiske

"I don't want to be fake. I'm just being me. And I have the power to break stereotypes and whatever useless rules that society puts on us." -Bad Bunny

"We must reject not only the stereotypes that others have of us but also those that we have of ourselves." -Shirley Chisholm

"A stereotype may be negative or positive, but even positive stereotypes present two problems: They are cliches, and they present a human being as far more simple and uniform than any human being actually is." -Nancy Kress

"Stereotypes stink. They give people an excuse to hate people who are different instead of taking the time to get to know them." -Lisa Fipps

"Stereotypes are a byproduct of fear and the lack of information" -Tony Robbins

"Stereotypes, they're sensual, cultural weapons. That's the way we attack people. At an artistic level, stereotypes are terrible writing." -Junot Diaz

About Rumors

Similar to stereotypes are urban legends and myths. An urban legend can be said to be a type of folklore comprising fallacious claims or stories circulated as true, especially as having happened to a "friend of a friend" or a family member. It is usually complete nonsense lacking in all logic and reason. For these, it's better to ignore or raise awareness against it.

Rumour is a tale of explanations of events circulating from person to person and pertaining to an object, event, or issue in public concern. Those are stories circulated among people which may be true or false.



Most of the time, rumors are spread from person to person and can change slightly each time they are told. As a result, they can become **exaggerated** and *altered* over time.

When people feel unhappy with themselves or they feel ignored, they might pick on others to feel better. So, they talk about others to take the focus away from themselves and to appear more interesting because they have new juicy information. This is more common for teenagers. When teenagers feel jealous of someone's appearance, fame, or money, they might spread mean stories or rumors to harm that person. They might use rumors as a way to take revenge for some action.

Rumors can be harmful because fake information might decrease a person's reputation and create questions about them. Falsely accusing is even worse for people can be falsely judged or mistreated for something which they didn't even do. That would be unjust and wrong...

If one is the target of rumors and someone appears to have spread false information to harm that person then the first thing to do would be to stay calm and not appear frustrated. Overreacting can make matters worse, it would be wise to analyze the situation, gather evidence and explain the truth to the people. Violence will only make matters worse so its important to avoid violence and act wisely. One should also talk to friends, family members, or colleagues that are trustworthy and explain the situation. Their advice and suggestions can be valuable to solve the matter.

One should use social media or other platforms to share the truth and correct misinformation. If the matter is still not solved then involve a trusted authority figure, such as a supervisor or teacher to help close the case.

Rumors can cause one to hate oneself and feel miserable about their life. Thus it is necessary and important to practice self-care techniques such as meditation, or spending time with supportive friends or relaxing.

Rumors are dangerous things, those spreading rumors can have little consequence but the one being targeted is severely impacted. Nobody should support false rumors and no one should even spread any rumor.

An analogy for rumors could be to compare it to a game of telephone. Just like a game of telephone where information is distorted or lost as it is passed along, rumors can also be misinformed or exaggerated as it is passed from person to person.

"Fake friends believe in rumors. Real friends believe in you" -Yolanda Hadid

"Most gossip is envy in disguise" -Matt Hiag

"Rumors are the echoes of minds not at peace. Choose the truth, let your actions speak, and let the noise fade away."-Abhi

Philanthropy

Philanthropy is the desire to promote the welfare of others, expressed especially by the generous donation of money to good causes. Philanthropy can include donating²³ money to a worthy cause or helping people to increase goodness in society. It is also named as charity. The word philanthropy originated from ancient Greek which means 'love of humanity'.

Philanthropy aligns with the principles of justice and human rights and is an act of moral deed.

It embodies the belief that individuals, organizations, and communities possess the moral duty to uplift the well-being of others. It is rooted in empathy and a profound understanding of shared humanity. By channeling resources, efforts, and influence, philanthropy seeks to alleviate suffering, promote social justice, and build a better, more caring world. One need not spend extravagant amounts of money for charity, even a little can make a huge difference in others life. While charity provides immediate relief, philanthropy strives for systemic change. Change begins



with us, *even a small amount of goodness, which costs us so little, could have a great influence on someone else's life.*



Philanthropic endeavors often bring a sense of personal fulfillment and purpose. As we witness the positive changes we help create, a profound satisfaction emerges from knowing that our actions contribute to building a more compassionate and just society. This is one healthy way to achieve happiness, by reducing other's suffering we not only

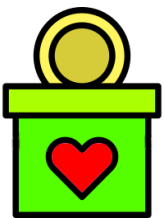
²³ Image: Flaticon.com

help them in their time of need but also help ourselves because of the peace and calm felt while doing so. This fulfillment reinforces the **cycle of giving**, inspiring more people to help do good for the world. A series of scientific studies found that neurons in the portion of the brain associated with a sense of satisfaction gets activated when a person chooses to donate²⁴ for the sake of doing good.

By establishing charitable initiatives, people can ensure that their values and vision endure through time, continuing to *positively impact lives* for generations.



Unfortunately, people in the modern world are often reluctant to help homeless people or people in need because they think that most of the money they get will be spent on alcohol or cigarettes. That is true in a lot of cases but of course, we can just give food or clothes or a blanket instead of directly giving money. Some people also have a belief that philanthropy is worthless, it isn't gonna help you and those billionaires who do charity are forgotten when someone else becomes more rich than them. This is simply the most fake lie one can feed themselves. Philanthropy is synonymous with godliness, it is one of the greatest forms of goodness. People's generosity is not forgotten, Bill Gates donated billions of dollars for charity, Keanu Reeves is famous for being an amazing good person who helps many people. There are many people who do charity and their generosity is not forgotten but instead their generosity is one of their key characteristics. *Easing someone's suffering is one of the best things that any human can do.*



However, people who are selfish, cruel and evil think that doing an act of philanthropy once a month or once a year would give them good karma. This is not the truth, being cruel most of the time and only to be nice for the sake of karma or for the sake of showcasing is not going to be a good deed in the long term.

True good deed is when a person is kind most of the time and can understand others, feel empathy for their suffering, use their wisdom and resources to help when needed. That is real goodness, it is not an occasional showcase but the normal way of how a person should operate.

²⁴ Image: Flaticon.com

"Generosity is the closest to godliness, kindness is the purest form of humanity, mercy is the gentlest form of salvation"-Abhi

"It is not about how much we give but how much love we put into giving."-Mother Teresa

"Always give without remembering and always receive without forgetting." -Brian Tracy

*"I have found that among its other benefits, **giving liberates the soul of the giver.**"-Maya Angelou*

"It's easier to take than to give. It's nobler to give than to take. The thrill of taking lasts a day. The thrill of giving lasts a lifetime."-Joan Marques

"Money is not the only commodity that is fun to give. We can give time, we can give our expertise, we can give our love, or simply give a smile. What does that cost? The point is, none of us can ever run out of something worthwhile to give."-Steve Goodier

"We make a living by what we get. We make a life by what we give."-Winston Churchill

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek."

-Barack Obama

"As we work to create light for others, we naturally light our own way."

-Mary Anne Radmacher

"Love is not patronizing and charity isn't about pity, it is about love. Charity and love are the same with charity you give love, so don't just give money but reach out your hand instead."-Mother Teresa

"The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves."

-Helen Keller

"Giving is not about making a donation, it is about making a difference" -Kathy Calvin

"You need not have an overflow of wealth in order to donate. You need just have a kind mind and desire to offer help" -Abhi



Kintsugi

Kintsugi is a Japanese art of repairing broken pottery by mending it using lacquer mixed with powdered **gold**, silver, or platinum. This involves not merely fixing the broken pieces but celebrating the cracks and imperfections as an integral part of the object's history and beauty.



Kintsugi is not of the view that broken objects are worthless or should be discarded. Instead, it celebrates the imperfections, recognizing that these flaws contribute to the object's uniqueness and history. This philosophy extends to life itself, encouraging people to embrace their own imperfections and scars as part of human life. It signifies that wounds can be transformed into strength and beauty. It's a reminder

that we can emerge from adversity with greater wisdom and resilience. Just as a repaired object may break again, life too is transient. This philosophy encourages us to appreciate the beauty of the present moment and accept change as an inherent part of human life. *These invisible scars are not to be hidden or be ashamed of. These are signs of your valor and inner beauty.*

Complexity Paradox

The complexity paradox refers to the idea that in many situations, simple solutions can actually be more effective and efficient than complex ones. It goes against the assumption that more complexity always leads to better outcomes.

In various fields, including technology, design, logic and problem-solving, there's often a human tendency to add more features, layers, or components in an attempt to address issues or improve performance. However, this can sometimes lead to unintended consequences or inefficiencies. In web design, simple, comprehensive and easy to navigate websites are more preferable than cluttered websites with too many options. This is just one example where simplicity and ease of use is much more important than complicated or distracting websites.

The complexity paradox suggests that simplicity and elegance in solutions can lead to better results by reducing confusion, minimizing errors, and improving user experience. *Sometimes the best approach involves removing unnecessary complexities and focusing on what truly matters.* This philosophical concept is often associated with the phrase "less is more," emphasizing that a streamlined solution can often be more powerful and impactful than one that is overly complicated.

For example, if we consider human society, it could be said that despite the advances made in technology and media, our world is becoming increasingly difficult to live in. This is because as processes become more detailed, they can become more and more difficult to understand, leading to unforeseen consequences and us being unable to solve real life problems. This is aptly described by Leonardo Da Vinci as: *Simplicity is the ultimate sophistication*

This paradox aligns with philosophical ideas such as **Occam's Razor**, which suggests that when faced with multiple explanations or solutions, *the simplest one is often the most likely to be correct*. It is similar to the idea that elegance and clarity in thought can lead to greater insight, rather than excessive layers of complexity that may hinder our understanding of the world. The Complexity Paradox is about establishing a good **balance** between simplicity and complexity, efficiency and overcomplication. Most problems in life are simple but the human mind and ego tends to twist and make problems appear more complicated than they need to be. One should analyze problems with a clear mind and simplify the situation, reaching a solution will feel easier after doing so. A resourceful mind can help find a working solution even in the scarcity of resources, without creating new complications.

If we contemplate and consider human life then we will easily notice how human life is *more complicated* than animal life. No other animal needs education, jobs, taxes, money and no other animal has to deal with exams, interviews, expectations, hypocrisy, nepotism, corruption or greed. While it's true that human life is full of a great number of advantages like the varieties of foods, fashion, furniture, luxury, comfort, architecture, music, art and entertainment... It is also true that human suffering and mental anguish is the price to pay for such complexities. There is too much suffering in the human world and people are burdened with responsibility, people have to deal with depression, anxiety, doubt, worry and have self hate; people are expected to be serious or work tirelessly in the office. No other animal has such burdens and the worst part is the mental suffering, so much pain can numb emotions and make people seek revenge or do evil. Memory can sometimes act against us by reminding us of our bad times and this results in anger, hatred, regret etc...

Human consciousness allows us to experience a wide range of complex emotions, including sorrow, guilt, and existential despair. These emotions can be overwhelming and lead to more suffering. This also causes cognitive overload, where our minds are constantly active, processing information, and analyzing the world around us. This can lead to stress and mental fatigue, this is extremely common in the modern world and almost everyone at some point has experienced it. By being aware of the complexity of life, humans lose the simplicity of animal life... Thus, we can say that **humans are cursed with consciousness**. While it's true that consciousness is the way to knowledge and understanding, it is also the reason why human life is overcomplicated. This overcomplication creates various troubles and sufferings in life, which is especially worse in the competitive modern world. The solution to this? Make things simpler or make things complex but harmonious. After all, peace and harmony leads to solace...

However it is also true that humans shouldn't be oversimplified. Human character and personality is very diverse, reducing that to certain ideals and perfectionism can make a person's character seem less capable than they actually are. This results in the burden of expectation and people are made to act in certain ways to remain 'perfect'. Such unrealistic expectations can only make one feel burdened to keep that image of themselves. People can do so much, often more than what we *assume* people can do. This oversimplification often leads to stereotyping. We need to have simplicity in our conduct but we also need to embrace the vastness of a person's capabilities.

"We are cursed with the blessing of consciousness and choice, a two-edged sword that both divides us and can help us become whole. But choosing wholeness, which sounds like a good thing, turns out to be risky business, making us vulnerable in ways we would prefer to avoid."-Parker J. Palmer

"All things being equal, the simplest solution tends to be the best one."-William of Ockham

"It is vain to do with more. What can be done with less"-William of Ockham

"If you can't explain it simply you don't understand it well enough"-Albert Einstein

"I have just three things to teach: Simplicity, Patience, Compassion. These three are your greatest treasures"-Lao Tzu

"Life is really simple but we insist on making it complicated"-Confucius

"The key to finding a happy balance in modern life is simplicity"-Sogyal Rinpoche

"Simplicity is the ultimate sophistication" -Leonardo Da Vinci

In the simplest things,
We find happiness true,
Food and song, they bring
Joy to me and you.

But what of the birds,
Who sing at dawn's first light,
Their melodies heard,
Bringing wonder and delight.

Shouldn't we learn from them,
Embrace the little things,
In a world that may condemn,
Finding joy in what life brings.

Let us listen to the birds,
And appreciate their song,
For in simplicity, we find
A life that's content and long.

-Abhi

Regret

Regret is the feeling of sadness, repentance or disappointment over a past incident or something that one has done or failed to do.

Regret is perhaps one of the worst human emotions. The feeling of making a different choice in the past or having the ability to save people but somehow couldn't. Regret is a type of pain and suffering which is often caused by complex circumstances and our flawed judgment at the time. Picture a world where circumstances were simpler, and our minds more resourceful; in such a

world, much of this suffering could be averted, and outcomes could be more favorable.

Regret often results in *self blame*; which means having feelings of hatred towards oneself. This feeling of self blame makes us feel responsible for what happened, enough if we didn't have the ability to influence anything at that moment of time.

While some degree of self-reflection and accountability can be healthy, excessive self-blame can be harmful. It can lead to feelings of shame, low self-esteem, and even contribute to mental health issues like depression and anxiety. Time can heal regrets but time also causes regrets...

*In the blink of an eye, a day swiftly slips away,
In the blink of an eye, a week joins the fleeting fray.
In the blink of an eye, a month quietly moves on,
In the blink of an eye, a year, too, is swiftly gone.*

*Oh, time, if only mercy were a part of your flight,
I beseech you, linger a while, delay your rapid might.
Slow down, just a little, grant moments to savor,
For in the rush of life, there is too much to endeavor.*

-Abhi

The important thing is to *forgive yourself*. Understand that you are human and humans are prone to making mistakes. Forgiveness doesn't mean condoning the action; it means releasing the emotional *burden* associated with it. If you didn't have the power to change situations then it's not your fault at all! However if your decision could have dramatically changed the outcome then it is your fault and you must face the consequences...

Regret can be a powerful teacher. Use it as an opportunity to learn and be wiser. Ask yourself what lessons you can take from the experience to make the correct choice in the future, even if the situations get complicated. Try to have realistic expectations for yourself and others, acknowledging that perfection is not the goal. The *purpose of regret* is to correct oneself and to learn more. It makes one go beyond their comfort zone to do something different and explore new possibilities. However this needs balance because excessive regret does nothing but increase depression and hate for oneself.

Regret is like a rearview mirror in a car; it shows us where we've been, but we can't move forward if we are constantly looking back.

Working excessively and not spending enough time with family can produce feelings of regret because it can cause a feeling of imbalance in life. When people work too much, they may miss out on important moments and happy memories with their family, which can create feelings of sadness and regret. Working excessively can also lead to feelings of burnout and exhaustion, which can further contribute to regrets about not spending enough time with their family as it may lead to sacrifices or missed opportunities to create positive memories and happiness.

Remember At the end of your life, you are not going to think about the amount of money you got from your job, instead you will recall your beloved family members and friends. That is the moment when true emotions will surface and that's when all of life's big regrets will strike...

Hence, it's better to be mindful and create better memories with people who *matter most to **you***. Always try to live a life with minimal regrets. Genuine and meaningful memories possess a **pristine quality** that has the power to cleanse regret, leaving a sense of **contentment** in their wake.

"Grudges are for those who insist that they are owed something; forgiveness, however, is for those who are substantial enough to move on." -Criss Jami

"I'd rather regret the things I've done than regret the things I haven't done."
-Lucille Ball

"A man is not old until his regret take place of his dreams" -John Barrymore
"Always Do Your Best. Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse and regret." -Don Miguel Ruiz

"Don't waste your time in anger, regrets, worries, and grudges. Life is too short to be unhappy." -Roy T. Bennett

"If I'm sincere today, what does it matter if I regret it tomorrow?"
-José Saramago

"Thinking before acting is wisdom but acting before thinking is regret."

"Out of all emotions, regret is the one which follows me everyday but most of it is nothing but a huge waste of time" -Abhi

A throbbing ache pounds in my head,
The clouds scatter, revealing dread,
Misfortune afflicts my heart with pain,
Excitement morphs into a hurtful strain.
Is this how the day ends in disdain?

Tomorrow the sun shall rise again,
A new opportunity and freshness spreads over the land.
A scene so ordinary yet so spectacular.
Its magnificence shines a new ray of hope,
Waiting to make amends.
-Abhi

Arguments

Argument means discussing opposite views or supporting a point of view and providing claims for the same. Angry and dramatic disagreements/arguments are called a quarrel. This may sometimes fuel the flames of hatred, resulting in dramatic consequences like physical fight, physical injury, mental strain, betrayal, abandonment etc...

In philosophy, arguments are reasons provided to support a conclusion. Such philosophical arguments are like lanterns that illuminate the vast caverns of human thought. One such method was used by Socrates, called the Socratic argument. It is a method of philosophical inquiry that seeks to stimulate critical thinking and provoke deep reflection. Socratic argument involves a series of questions and answers, where the person asking the questions aims to expose contradictions in the respondent's beliefs or draw out their underlying assumptions/biases.

Here's one example of a Socratic argument:

Person 1: The Earth must be flat because I can see that the ground is flat.

Person 2: But you can also see the curvature of the Earth when you look at the horizon and observe boats that seem to disappear over the curve. If the Earth was truly flat then there would be no time zones between countries, everyone would have the same time and on clear weather days, you could easily be able to see all the tall mountains of the Earth.

Person 1: Oh, that actually makes sense

Arguments often require mind reading. You need to think about *what* the other person is trying to express and *why* they are doing so. After identifying the conclusion they are trying to achieve, you can offer evidence to support their claim or explain the loopholes/biases in their claim. Some arguments are not true at all, that's why truth analysis is important. Truth analysis is the process of examining statements, propositions, or claims to determine their accuracy and validity. It involves a systematic evaluation of information to ascertain whether it aligns with reality or conforms to a particular set of criteria for truthfulness.

Another is logic analysis, logic and evidence can be used to find mistakes in their claim and reach the conclusion. This is called *logical inference*. Inference refers to the process of drawing logical conclusions, deductions, or predictions from available information or evidence. For example, we can see dark clouds in the sky and feel strong winds to know that it will rain soon.

Inference is usually of two types: deductive or inductive.

Deductive inference starts with general principles and leads to specific, certain conclusions, while inductive inference starts with specific observations and leads to general, probabilistic conclusions.

Example of Deductive inference:

All men are mortal (premise 1), Socrates is a man (premise 2), therefore Socrates is mortal (conclusion).

Example of Inductive inference:

Sureed! Here's an example of inductive inference:

Suppose a student sees their teacher arriving to class every day with a cup of coffee, and thus the student concludes: *This teacher always brings coffee to class.*

But they *cannot* be absolutely certain because there can be exceptions & this conclusion is based purely on past observations.

Deductive reasoning is often used with formal logic, while inductive reasoning is more common in scientific research and everyday decision-making, where we often have to make judgments based on past observations and information.

Reasoning can often be wrong and such reasoning is called a fallacy. Fallacies are errors in the structure or content of an argument that can lead to incorrect or misleading conclusions. Irrational arguments often have fallacies and this can cause conflicts between people or even lead to physical violence...

Common types of fallacy in everyday life are:

- Ad Hominem Fallacy: This fallacy occurs when someone attacks *the person* making the argument rather than addressing the substance of the argument itself. It's a form of personal attack and does not address the validity of the argument.
- Straw Man Fallacy: In a straw man fallacy, one *misrepresents* or exaggerates an opponent's argument and then attacks the distorted version rather than the actual argument. This makes the opponent's position appear weaker than it actually is.
- Appeal to Authority: This fallacy occurs when someone argues that a claim is true simply because an authority or expert says it is *true*, without providing further evidence or reasoning.
- Circular Reasoning: Circular reasoning is when the conclusion of an argument is included in the *premises*. It's a form of circular logic where no new information is presented to support the conclusion. Example: "I am correct because I am always correct!"
- Appeal to Emotion: This fallacy involves using *emotional manipulation* to persuade people rather than presenting a logical fact. It often relies on fear, pity, or other emotions to sway an audience.
- False Dichotomy: False dichotomy occurs when someone presents a situation as having *only two possible outcomes* when, in reality, there are more possibilities.
- Hasty Generalization: This is when someone makes a big decision based on limited or *incomplete evidence*.

- Appeal to Tradition: This is when someone thinks something is true just because it's been done that way for a long time. It ignores the idea of *change*.
- Post Hoc Fallacy: Post hoc is when someone thinks one situation caused another just because they happened *one after the other*. But there could certainly be other reasons.
- Red Herring: A red herring is a distraction from the argument by introducing *irrelevant information* or issues to divert attention away from the main topic.

One common example of false reasoning is:-

- My parents are doctors
- I am their child
- So I must become a doctor too!

It is incorrect to assume that children *must* have the same occupation as their parents. In truth, a child must have freedom to choose their own occupation, after all, it's their life, they deserve to get a job in accordance with their own talents and skills. Sure, children can have the same career as their parents! But it **must not** be forced. Teach the children about how different occupations work and which career would be best for their skills, and ultimately *let them decide what they wish to pursue*.

Too many people end up unhappy about their career because it doesn't align with their ideals and talents. Don't make that mistake which leaves deep regret, use proper judgment to decide what works best for your life! And remember, you can always have a plan B or plan C if you are unsure about plan A!

People often use Irrational reasoning to prove themselves correct when they really aren't. *Irrational reasoning* is the type of thinking or decision that is not based on logic or real evidence. Instead, it involves relying on emotions, biases, or beliefs that may lead to conclusions that are unrealistic or are even contrary to real evidence. Recognizing and addressing these irrational tendencies is an important part of critical thinking and true judgment. Obviously not everyone can be correct at all times & making mistakes is human. *Refutation* is the action of proving a statement or theory to be wrong. Refutation is an important part of any argument, if something wrong was

stated then we must correct them. When one acknowledges opposing viewpoints and then refuting them with evidence or logical reasoning makes one appear more credible. It shows that you're not ignoring other perspectives but engaging with them. Refuting allows us to debunk the counter arguments and establish a better, more reasonable base for the truth.

"Don't raise your voice, improve your argument." -Desmond Tutu

"Insults are the arguments employed by those who are in the wrong."

-Jean-Jacques Rousseau

"The aim of argument, or of discussion, should not be victory, but progress." -Joseph Joubert

"Silence is one of the hardest arguments to refute." -Josh Billings

"Always remember that your calmness under fire is your best defense in any argument or discussion." -Robert Greene

"Let us hold our discussion together in our own persons, making trial of the truth and of ourselves."

-Protagoras

Interpersonal conflict

Interpersonal conflicts are disputes, disagreements, or tensions between individuals in social, personal, or professional relationships. These conflicts can occur for various reasons and can range from minor disagreements to more serious disputes or even physical violence. *Why choose conflict when there are easier and logical ways of solving disputes.*

Causes of Interpersonal Conflicts:

1. Communication Issues: Misunderstandings, poor communication or misinterpretation can lead to conflicts.

2. Differences in Ideals and Beliefs: Inability to respect the differences and maintain boundaries can lead to conflict.

3. Competing Interests:

When people have conflicting interests, such as in the workplace or within a family, it can result in disagreements.

4. Personality Clashes: Different personality types and communication styles can lead to conflict especially if they believe themselves to be correct in everything and the other person's reasoning to be always flawed.

5. Scarce Resources: Disputes can happen when people don't have enough money or don't have enough time to spend together.

Basically, people can argue just about anything. If there was unresolved conflict in the past then there will likely be a grudge between people, this leads to further bitterness in communication. If people hold too many grudges instead of forgiveness then conflicts can increase and even logical arguments may fail to resolve situations due to the underlying hate. That's why forgiveness is important, if we forgive and forget now then we will avoid a great deal of stress in the future.

Effects of Interpersonal Conflicts:

1. Emotional Strain: Conflicts can lead to stress, anxiety, anger, and emotional distress.
2. Relationship Strain: Unresolved conflicts can strain relationships between people and or even result in the end of that relationship.
3. Reduced Productivity: Conflicts can decrease productivity and cooperation.
4. Health Outcomes: Conflicts can have negative health consequences, such as increased blood pressure or depression.

Resolution of conflict

1. Effective Communication: Open, honest, and respectful communication is the best way to resolve conflicts. Carefully listening and empathy is also important.
2. Negotiation: Compromising on solutions can help resolve conflicts.
3. Mediation: Involving a *neutral* (unbiased) third party can be useful when the conflict escalates.
4. Setting Boundaries: Having clear boundaries and realistic expectations within relationships can prevent conflicts from arising in the first place.

Basically all families have arguments and conflicts but what we can do is try to resolve it in the most logical and impactful way. When we resolve conflict, relationships become stronger as we learn to forgive and have mercy; Acceptance is the outcome. People believe that if a problem persists for too long then they can never find a solution but no! They can find a solution! The only thing is *dedication, cooperation and patience*. Always try to think about the long term consequences, would conflict benefit people in the long

term? No but would peace and acceptance benefit people in the long term?
Yes!

Remember it's *better late than never*. Have more mercy and empathy, your act of forgiveness can help and heal other's lives for the long term. Indeed, solace and wisdom are far more important than arrogance or hate...

Interpersonal conflicts are like storms. Just as storms bring rain, thunder, and lightning, conflict brings tension, arguments, and disagreements. But we can learn to handle conflicts in ways that make our relationships stronger, just like how putting up an umbrella or using a raincoat helps during a rainstorm. As for people who are intentionally seeking fights, they do it to gain attention and satisfy themselves, so it's usually best to *not* give any attention and ignore them. If you pay attention to those people then they will be even more likely to fight with you in the future. Best to deal with it in a clever way.

"Just like untangling a knot takes patience and effort, conflict allows needs patience and effort from us if we truly wish to solve it" -Abhi

"An eye for an eye will only make the whole world blind."

-Mahatma Gandhi

"All conflict can be traced back to someone's feelings getting hurt"

-Liane Moriarty

"Peace is not absence of conflict, it is the ability to handle conflict by peaceful means."

-Ronald Reagan

"Whenever you're in conflict with someone, there is one factor that can make the difference between damaging your relationship and deepening it. That factor is attitude."

-William James

"Conflict is inevitable but combat is optional" -Max Lucado

Materialism vs Spiritualism

Materialism is a philosophical belief that emphasizes the importance of material possessions and physical comfort over spiritual values. This ideology posits that material possessions are the key to happiness and fulfillment in life. Materialists believe that the accumulation of wealth and material goods is the ultimate goal of life and that success is measured by the amount of wealth



one possesses. They tend to prioritize tangible objects and physical experiences over spiritual or emotional ones. This ideology is prevalent in a society that often equates wealth with success and measures one's worth by the size of their bank account or the brand of their possessions. The modern world thrives on consumerism, where there is a never-ending desire for more, better, and newer.

Materialism has some benefits in the modern world. It can motivate people to work hard, be productive, and achieve their goals. Materialism can also provide a sense of security, luxury, and satisfaction. Materialism stimulates human creativity, innovation, and scientific exploration.

However, materialism also has some drawbacks that can harm our well-being and happiness. For example, materialism can lead to greed, selfishness, and envy. Materialism can make us dissatisfied with what we have and always crave for more. Materialism can distract us from our true purpose and meaning in life. Materialism can also create a sense of isolation, emptiness, and anxiety. This results in an endless cycle of wanting, often leaving individuals feeling unfulfilled, no matter how much they accumulate (discontentment). This makes materialists more likely to get into conflict and have hatred or jealousy towards others simply because their life is somehow better. In truth, contentment in our own life is much more important for hatred and jealousy is but a poison, it mostly hurts those who possess it and only slightly hurts those whom it is directed towards.

Spiritualism, on the other hand, is a philosophical belief that places a greater emphasis on spiritual values and the non-material aspects of life. This ideology posits that the pursuit of inner peace, personal growth, and spiritual enlightenment are the key to a fulfilling life. Spiritualists believe that material possessions are temporary and that true happiness and fulfillment come from within. They prioritize spiritual and emotional growth over physical possessions and seek contentment & peace in life.

Spiritualism can help people cope with stress, adversity, and uncertainty which is common in the busy stressful life of the modern world. Spiritualism can also provide us with a sense of direction, purpose, and meaning in life. It increases compassion, mercy, kindness and empathy in oneself.



Unfortunately, spiritualism can lead to derealization, dogmatism, fanaticism, and intolerance. Spiritualism can make one detached from reality and ignore our practical needs. Spiritualism can also create a sense of guilt, shame, or unworthiness.

One way to find a balance between materialism and spiritualism is to adopt a holistic perspective that integrates both aspects of life. This means recognizing that we are both **physical** and **spiritual** beings who need both material and spiritual resources to thrive. This means respecting both the observable world (matter) and the invisible world (spirit) as *equally valid* sources of knowledge and wisdom. Another way to find a balance between materialism and spiritualism is to practice moderation in both domains. This means avoiding extremes of either attachment or detachment to material possessions or spiritual values.

Follow *mindful consumption* and do not purchase expensive things purely for show, purchase on that which is truly needed and will be used in your life. Buying cool & expensive things only to show to others who don't care and will not impact your life in any meaningful way is simply useless and a waste of resources. Instead, pay more attention to your own mental health, dedicate time for self reflection and self improvement to relax the mind and feel at peace.

Do not let relationships be guided by materialism, always try to have meaningful and genuine connections with people whom you truly care about and who truly care about you. **Let purpose be one's guide, may creativity be the journey and may contentment be the destination.**

Materialism and spiritualism is that they are like two wings of a bird. A bird needs both wings to fly and balance itself in the air. If one wing is too weak or too strong, the bird will either fall or spin out of control. Similarly, we need both materialism and spiritualism to live a balanced and fulfilling life. If we are too materialistic or too spiritual, we will either lose our sense of purpose or our sense of reality.

"Greed makes man blind and foolish, and makes him an easy prey for death."
-Rumi

"If everyone demanded peace instead of another television set, then there'd be peace."-John Lennon

"The world says: "You have needs -- satisfy them. You have as much right as the rich and the mighty. Don't hesitate to satisfy your needs; indeed, expand your needs and demand more." This is the worldly doctrine of today. And they believe that this is freedom. The result for the rich is isolation and suicide, for the poor, envy and murder." — Fyodor Dostoyevsky

"A lot of people get so hung up on what they can't have that they don't think for a second about whether they really want it."

—Lionel Shriver, *Checker and the Derailleurs*

"To be content with little is difficult; to be content with much, impossible."

—Marie von Ebner-Eschenbach

"It is the preoccupation with possessions, more than anything else, that prevents us from living freely and nobly."

—Bertrand Russell

"Within you there is a stillness and a sanctuary to which you can retreat at any time and be yourself." -Hermann Hesse

"To the mind that is still, the whole universe surrenders"-Lao Tzu

"Spirituality is not adopting more beliefs and assumptions but uncovering the best in you." -Amit Ray

Degradation, Chaos and Complexities

One's life is balanced by a complex and fragile set of factors. It depends on various factors, some obvious, some hidden, but it is the interplay of this complex network of elements that maintains harmony and order in life. When one or more factors change either by our own actions or by external influence then the balance degrades and chaos increases. The world is a complicated mess and it often seems to be getting more complicated as more time passes, this results in lesser happiness in general. It is true that humans love excitement and the curiosity to try new things but a world too chaotic and too cruel will someday take adversely affect the mind. The most important factor is time, time influences us all and humanity is not immune to the erosion caused by time. This can be expressed by *All good things come to an end* but in truth, all things come to an end, be it good or bad.

◆ The philosophy of chaos is a branch of metaphysics and science that deals with complex unpredictable systems. This is also called Chaos Theory which states that there are underlying patterns and interconnections within the apparent randomness of chaotic phenomena. To find harmony in oneself and

the world, one has to accept the presence of chaos and learn from it. This theory states that within the apparent randomness of chaotic complex systems there are underlying patterns, interconnection, feedback loops, repetition, self-similarity and self-organization, thus there are hidden patterns behind this complicated chaos. The chaos theory suggests the inherent chaos of the universe which implies that perfect ideals such as complete social equality and complete justice cannot exist in the real world but it can still be pursued and ensured to a *reasonable extent*.

It encompasses the idea that apparently insignificant actions can have a *huge impact* on the future outcome. In science it is usually described as the flap of a butterfly in one part of the world triggering a tornado in another part of the world. This is called the butterfly effect²⁵. This means that even *our* small actions and behavior can impact our future and change how our future will be. Often we encounter problems or arguments that seem to appear out of nowhere but in *most* cases, it is our oversight that we could not notice the changes in background factors. Arguments over a small matter are likely caused due to **grudges** from the past or due to stress but we don't see what, what we see is the action of the person and associate the action to them without thinking why this happened or what led to this consequence. Thus unintentionally increasing the heated conflict.

This is why wisdom and thoughtfulness is important, we need to be able to understand human emotions and notice how the factors change to decide how to avoid conflict. After all, *most factors are influenced by human actions* i.e. our actions and actions of people around us.

One way to interpret complexity in life is, as young children things feel simple and we are unable to notice the complexity of the world. As we grow older we notice the subtle details and how things are not as simple as it seems. Upon witnessing the sufferings of the world, it feels less good and more selfish. This directly or indirectly impacts people mentally. Adults usually do not have a childlike innocence, trust or curiosity and may have trust issues due to the cruelty of the world. Mental development causes people to develop various personalities, ideals and philosophies built up in the mind, thus forming one's character.

²⁵ One small event can influence and change a larger system

On one hand, chaos is increasing, the world is becoming more selfish, knowledge is everywhere but wisdom is scarce. Things seem to be going downhill and the list of problems seem to be increasing.

On the other hand, humans have a better understanding of the world, knowledge is more accessible, humans are more health conscious, technology is developing, environmental concerns are acknowledged and green energy is becoming more common and several alternatives to non renewable resources are being developed.

In conclusion the world is chaotic, things are complicated and trust is fragile. We unknowingly influence most of the factors, should we be more observant and mindful then more situations will have desirable outcomes. *Even if some suffering cannot be completely ended, compassion and empathy can at least provide solace and peace in a life that's vastly obstructed by problems...*

"Chaos is what we've lost touch with. This is why it is given a bad name. It is feared by the dominant archetype of our world, which is Ego, which clenches because its existence is defined in terms of control." -Terence McKenna

"Chaos theory simply suggests that what appears to most people as chaos is not really chaotic, but a series of different types of orders with which the human mind has not yet become familiar." - Frederick Lenz

"Entropy is the slow death of the universe, same is true in life, degradation is the slow death of human civilization" -Abhi

About Suffering

"Human life is a pendulum between boredom and suffering" -Arthur Schopenhauer

The word suffering is derived from sub- meaning "below," and ferre, "bear." Suffering is something pressing one down that one has to submit to and bear. Pain, misery and distress are terms often used to describe suffering, it is something that one is aware of and yet has to endure. Suffering means hardship, distress and lack of peace. It is the opposite of enjoyment. The word *pain* usually refers to physical pain, but it is also often used as a synonym of *suffering*. The word 'suffering' is sometimes used in the narrow sense of physical pain, but more often it refers to *psychological pain and agony of humans*.

Suffering is usually considered an inevitable part of human life, just about

Animals experience suffering too but humans feel worse effects of suffering. Perhaps 174 animals suffer more than us but how can we know. We have yet to eradicate suffering

every human has witnessed or endured some form of suffering and suffering is a *big reason* behind anxiety, hopelessness, lack of meaning, depression or even self hate or self harm.

For centuries, nay, a few thousand years, humans have tried to understand the causes of suffering and find ways to reduce suffering.

As such, religion and various philosophies lay great importance on understanding suffering and finding various ways to alleviate the pain of suffering.

The suffering in this world are too many to be listed but here are some types of suffering:

◆Physical suffering- Physical suffering is caused by diseases and various health conditions. This is pain. *Pain is like a thunderstorm. It can come without warning, and it can be intense and overwhelming. But just as a thunderstorm eventually passes, so too does the pain.*

◆Psychological- Psychological pain can be characterized as an awareness of negative changes in the self and its functions accompanied by negative feelings. It is differentiated from physical pain, which is caused by physical stimuli.

◆Lack of fulfillment- When expectations or desires are unmet then suffering is felt in various ways. Often in the form of regret, self hate, anger, irritation or envy.

◆Separation and loss- Be it any item or the death of a person, loss is deeply felt and this grief results in suffering. This might even cause regret and loneliness to the one experiencing such suffering.

◆Desires- If we truly wish to achieve something and work for it but our actions pay little consequence on the outcome then suffering is inevitable. A person studying many years to get a job, witnessing so much academic suffering and yet unable to achieve their dream occupation are left frustrated, feeling an immense sense of sadness and hopelessness.

◆Expectations: People put expectations and hopes on us and we put expectations on ourselves. This could act as motivation to go beyond one's comfort zone however, we often have unrealistic expectations for a perfect or ideal life. This inevitably causes suffering because the expectations are unfulfilled or they are not as good as we imagined. Truth is, *you need not be perfect, just try to be better than before* and this is already enough. Self improvement is far more realistic and much more important than some perfect but unrealistic expectations.

♦Injustice, inequality and discrimination: The one being discriminated inevitably feels suffering because of how they were unjustly treated for doing nothing wrong. This is another cause of suffering, if one is constantly mistreated or misunderstood simply due to prejudice and discrimination then one would naturally be upset about that behavior. Important thing is, be strong and have enough courage. When one is self reliant and self confident, one cares naught about meaningless comments and instead focuses on that which matters. This is how bravery is important. (But not overconfidence or narcissistic behavior. Those will repel people and create a sense of hatred)

♦Fear: Fear is the root of most suffering. We don't do things fearing criticism from others or fearing that we cannot meet our expectations. Truth is, most of the time people don't even care and most of the time, the experience is more valuable than the fear of not being upto to the mark of our own expectations. Instead of forgetting, we must learn from our mistakes and avoid repeating the same in the future. This is how confidence should replace fear.

Countless people in history have suggested ways to alleviate human suffering and anguish, the search still continues in the modern world. Buddha's four noble truths were stated regarding suffering in human life and how to bring an end to the cycle of rebirth.

1. The Truth of Suffering (Dukkha): This truth acknowledges that suffering exists and is a part of life.
2. The Truth of the Cause of Suffering (Samudaya): This truth asserts that the cause of suffering is desire or craving (known as "tanha"). We continually search for something outside ourselves to make us happy, but no matter how successful we are, we are not content.
3. The Truth of the End of Suffering (Nirodha): This truth suggests that suffering can be ended by letting go of the desires that cause it.
4. The Truth of the Path that Frees Us from Suffering (Magga): This truth, also known as the Noble Eightfold Path, provides a guide for how to end suffering. Which includes: Right view, Right intention, Right speech, Right action, Right mindfulness, Right concentration, Right effort, Right livelihood.

Generally methods to reduce suffering includes:

- Meditation- Meditating and introspection are the ancient ways to escape suffering and achieve a tranquil state of mind.

- Express- Express your feelings and troubles to people you trust and people who can help you. Oppression and suppression will not help ease the situation.
- Escape- One way to end problems is to escape that situation and let go. One often does not escape for fear of the unknown is more frightening than holding on but the truth is, one needs to know when to let go and when time comes, letting go will offer more peace than the coping mechanisms.
- Music- Music is the mind's way to leave behind the world's troubles and enter a serene state. Listening to music that aligns with one's preferences offers relief and refreshes the mood of the listener.
- Anything fun- Any activity which sparks amusement and causes joy is a relief from suffering. This could mean arts,sports,dance,movies,shows,youtube etc.
- Compassion and kindness- In the harsh life people live in, showing kindness and compassion rekindles hope and offers freshness in life. This not only helps oneself but also helps others feel better.
- Philanthropy- Generosity and kindness is like a blessing we offer others. For generosity is close to godliness, this and peace of mind will provide more happiness in the long term.

To put it as an analogy, imagine human suffering as a storm. It's a part of life that we all have to weather. Sometimes it's a light drizzle that passes quickly, other times it's a heavy downpour that seems to last forever. But remember, every storm runs out of rain. Just like the storm, suffering also passes. It's during these hard times that we often find our strength, like a tree that stands tall and firm in the wind, becoming stronger with each gust. There are many ways to seek shelter from the storm of suffering - talking to someone about your feelings can be like sharing an umbrella, exercise can be like a warm coat that shields you from the cold, and acceptance is like learning to dance in the rain. *Each person's storm is different, and so is the way they choose to weather it.* But always remember, after every storm, there's clear skies.

"Compassion will cure more sins than condemnation." -Henry Ward Beecher

"The only way out of the labyrinth of suffering is to forgive." -John Green

"The wound is the place where the Light enters you." -Rumi

"Without pain, how could we know joy?" This is an old argument in the field of thinking about suffering and its stupidity and lack of sophistication could be plumbed for centuries but suffice it to say that the existence of broccoli does not, in any way, affect the taste of chocolate."-John green

"We must learn to regard people less in the light of what they do or omit to do, and more in the light of what they suffer."-Dietrich Bonhoeffer

"Everyone suffers at least one bad betrayal in their lifetime. It's what unites us. The trick is not to let it destroy your trust in others when that happens. Don't let them take that from you."-Sherrilyn Kenyon

♦ Academic Suffering

While the path through education is fundamentally enriching, it also offers a range of challenges, known collectively as academic suffering. The continuous pressure to succeed, driven by the expectation of excellent grades and global competitiveness, is one of these issues. Stress and anxiety are made worse by unhealthy competitiveness in academic environments, which is characterized by frequent peer comparison and fear of falling behind. This, in turn, interacts with mental health issues as students struggle with the stress of deadlines, the dread of failing, and the weight of expectations, leading to difficulties such as depression and anxiety. The pursuit of perfection, a noble but sometimes elusive ideal, becomes a source of suffering as students struggle with seemingly impossible standards, causing burnout and feelings of inadequacy and is a huge cause of suicide. Balancing scholastic requirements with employment, family, and social obligations is difficult, resulting in tiredness and a sense of being stretched thin. The ubiquitous fear of failure, combined with strict educational systems and limited course flexibility, adds to the complication of academic suffering. Some students may lack adequate support structures, both intellectually and emotionally, intensifying the difficulties they face. Academic distress, if ignored, can have long-term consequences for mental health, job possibilities, and overall health.

One of the most befitting monologues from my friend regarding academic suffering was like this:

"School prepares you for a career as an employee. It instructs you to spend your entire life pursuing the things *we are meant to want*, **rather than what you truly want**. That's why the education system is broken, not everyone intends to be an employee and hardly anyone wants to be perpetually

surrounded by competition and stress; I don't want to be trapped in the deadly cycle of, "I'll work hard in high school, so I can get into this really good college." Then I'll put in a lot of effort in college to get this job. Then I'll work this job to save enough for this car. Then I'll receive a raise so that I can afford this house. Then another promotion so I can have children. And then I'll keep working until I pay off the debt from everything I could "afford," at which point I'll retire and live a boring life for the rest of my life till I die."

That is insanely dumb and I don't know how this is the norm. Are we truly an advanced civilization? I doubt it's true, just look at how people suffer for no reason and they are simply told "*it is what it is*", if humanity wishes to progress then we must stand for the truth but of course, the defending side will have countless excuses to hide the unjust ways of the world. Spending your time after some kind of **perfection** you'll never have *instead of pursuing* what you **genuinely desire**. School forces you to become a prisoner to society's idea of what a "*good life*" means."

Another thing is how most schools often tend to take credit for the achievements of the talented students. Someone got 99% in the main exam? That's because of the perfect quality of our school. You should totally send your children to our school!! (This was sarcasm but this is not far off from how things actually happen) Think of it, if your school is truly so good then why doesn't everyone get great results? Their reply would be that these specific students did not focus on studies BUT wait if you are ACTUALLY so magically perfect then *everyone* will magically get good grades. How come there are so many students but only the toppers are shown as advertisements, we need to see the real statistics to determine how good the educational institution is. Another absurd thing about schools is that it's somehow normal to have baseless replies to questions or arguments. Example: why does this happen? To which they reply *Rules are rules. Just follow them.*

Why do we need to do all this? To which they reply *Because I said so.* Just what sort of hypocrisy is that, they simply wish to make things happen because they felt like it, not because it was a wise or logical thing to do. Such faulty arguments and meaningless hypocrisy is unfortunately common in many schools...

To force a better and more supportive educational atmosphere *we must* act for the cause. We must promote mental health awareness and make people understand the importance of holistic education whilst encouraging open communication between different groups of people. If the purpose of education is to gain knowledge then we can self learn and don't necessarily need formal education. The world needs to accept people based on their

talents and skills, not based on their place of education. Perhaps home schooling might be better than the unreasonable suffering of formal education... Since the purpose of education is to learn, the source of learning should not make a difference.

"Nothing bothers me more than when people criticize my criticism of school by telling me that schools are not just places to learn math and spelling, they are places where children learn a vaguely defined thing called socialization. I know. I think schools generally do an effective and terribly damaging job of teaching children to be infantile, dependent, intellectually dishonest, passive and disrespectful to their own developmental capacities." -Seymour Papert

"Education itself is a putting off, a postponement; we are told to work hard to get good results. Why? So we can get a good job. What is a good job? One that pays well. Oh. And that's it? All this suffering, merely so that we can earn a lot of money, which, even if we manage it, will not solve our problems anyway? It's a tragically limited idea of what life is all about." - Tom Hodgkinson

"All I am saying can be summed up in two words: Trust Children. Nothing could be more simple, or more difficult. Difficult because to trust children we must first learn to trust ourselves, and most of us were taught as children that we could not be trusted." -John Holt

"Do not train children in learning by force and harshness, but direct them to it by what amuses their minds, so that you may be better able to discover with accuracy the peculiar bent of the genius of each." -Plato

"Public education reflects our society's paternalistic, hierarchical worldview, which exploits children in the same way it takes the earth's resources for granted." -Wendy Priesnitz

"Because schools suffocate children's hunger to learn, learning appears to be difficult and we assume that children must be externally motivated to do it. As a society, we must own up to the damage we do to our children... in our families and in our schools. We must also be willing to make the sweeping changes in our institutions, public policies and personal lives that are necessary to reverse that harm to our children and to our society." -Wendy Priesnitz

"Colleges are places where pebbles are polished and diamonds are dimmed." -Robert Green

"What is the purpose of industrial education? To fill the young of the species with knowledge and awaken their intelligence? Nothing could be further from the truth. The aim is simply to reduce as many individuals as possible to the

same safe level, to breed and train a standardized citizenry, to put down dissent and originality. That is its aim in the United States and that is its aim everywhere else.” -H. L. Mencken

“The anxiety children feel at constantly being tested, their fear of failure, punishment, and disgrace, severely reduces their ability both to perceive and to remember, and drives them away from the material being studied into strategies for fooling teachers into thinking they know what they really don’t know.” -John Holt

“School is the advertising agency which makes you believe that you need the society as it is.” -Ivan Illich

“Actually, all education is self-education. A teacher is only a guide, to point out the way, and no school, no matter how excellent, can give you education. What you receive is like the outlines in a child’s coloring book. You must fill in the colors yourself.” - Louis L’Amour

Children are born passionately eager to make as much sense as they can of things around them. If we attempt to control, manipulate, or divert this process... the independent scientist in the child disappears.” - John Holt

“Creativity is as important as literacy” - Ken Robinson

What makes people smart, curious, alert, observant, competent, confident, resourceful, persistent – in the broadest and best sense, intelligent – is not having access to more and more learning places, resources and specialists, but being able in their lives to do a wide variety of interesting things that matter, things that challenge their ingenuity, skill, and judgement, and that make an obvious difference in their lives and the lives of the people around them.- John Holt

“We stigmatize mistakes. And we’re now running national educational systems where mistakes are the worst thing you can make — and the result is that we are educating people out of their creative capacities.” - Ken Robinson

"School teaches that a question can have only one answer. In real life, there are many answers to the same question. Just find the answer which works best for you" -Abhi

“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will spend its whole life believing that it is stupid.” - Albert Einstein

About Prejudice

The word *prejudice* originated from *prae*(before) and *iudicium*(judgment). Prejudice means preconceived judgment of someone or something, usually in a negative way without any real experience about the topic.

Prejudice is another thing which can directly or indirectly inflict suffering upon others or upon oneself. It is like a poison which not only affects its surroundings but also affects the vessel upon which it resides. So it's better to learn, observe and experience than to have unjust judgment. It is very easy to have prejudice about something which we have merely heard from others around us without ever learning more. We assume what we hear to be true and this is usually how discrimination, stereotypes and myths usually spread. True knowledge, sufficient observation or even hand experience should be had *before* judging. This allows us to better understand the world around us.

Some common types of prejudice are-

- Sexual Discrimination: People who are not straight (not heterosexual) usually experience discrimination from society.
- Sexism: People face discrimination and are stopped from doing certain things simply because of one's gender. I.e: boys can't do that! or girls must not do that!
- Classism: Classism is the prejudice and discrimination experienced due to the social or economic class.
- Racism: The prejudice that certain human races are somehow better than others.
- Linguistic discrimination: People face prejudice simply because of their language or because of the accent.

Methods of reducing prejudice are-

- Enhancing Knowledge- when we know more about the relevant topic, we are less likely to judge it incorrectly and gain more acceptance towards others.
- Reducing conflict- When conflict between opposing groups are decreased or resolved then they are more likely to understand than to feel prejudice.
- Empathy- Increase in empathy naturally makes one be more resistant to prejudice and increases overall compassion towards humanity.

- Contemplation- Upon hearing anything that feels like a stereotype, do rethink. Contemplation can reduce most prejudice.

To overcome prejudice, we need to challenge our assumptions, educate ourselves, and interact with others who are different from us. It is important to recognize the diversity and complexity of human beings, and appreciate their similarities and differences. We need to respect and value each individual for their character and not on any stereotypes.

Prejudice is like judging a half baked cake or an incomplete painting, we are not fit to render judgment unless we have ample knowledge regarding the matter.

“Prejudice is a burden that confuses the past, threatens the future and renders the present inaccessible.” - Maya Angelou

“Prejudice is a learned trait. You're not born prejudiced; you're taught it.” - Charles R. Swindoll

“Prejudices, it is well known, are most difficult to eradicate from the heart whose soil has never been loosened or fertilized by education: they grow there, firm as weeds among stones.”- Charlotte Brontë

“If someone is able to show me that what I think or do is not right, I will happily change, for I seek the truth, by which no one was ever truly harmed. It is the person who continues in his self-deception and ignorance who is harmed.”-Marcus Aurelius

“Do you know what we call opinion in the absence of evidence? We call it prejudice.”-Michael Crichton

“It is harder to crack prejudice than an atom.” -Albert Einstein

About Problems

Problems or issues are an inevitable part of human life and everyone will face issues in life, be it because of injustice, inequality or due to work/academics. Life is like an unpredictable list of seemingly endless problems. *Problems seem to be like the weather, often unpredictable but present everywhere.*

How can we have true equality and freedom if people refuse to let go of prejudice?

Sometimes as the light rain which is easy to deal with, sometimes as the typhoon which leaves us uncertain and broken.

Philosophy and religion have often contemplated the cause of issues and how to resolve those.

If we were to consider the wisdom of ancient Stoics like Epictetus, they'd guide us to embrace problems. Their philosophy teaches us that, while we can't control everything, we have the power to control our responses. In other words, *problems are part of the journey, and our reactions define the narrative*. Which means that everyone has problems and people can have different problems, the thing is how we react to the situation. This is when different philosophies and personalities of people become apparent. Instead of panic or confusion, what we need is a way to calm down and contemplate the situation rationally whilst also considering how the emotions of people are influencing the situation. Problems often arise due to ignorance, arrogance or apathetic behavior and when rightful situations are not given importance, in problems where emotional tensions are high it can be difficult to find a solution. Or even if solutions are found then it is not accepted by both sides of the argument. Usually, the simplest solution is the best as described by Occam's Razor.

Existentialist thinkers such as Sartre have described that confronting challenges is an integral part of our humanity. Problems aren't disruptions; they are opportunities for self-discovery, a chance to define the meaning and purpose of our existence. A crucial insight shared by many philosophical traditions is the transient nature of problems. Much like clouds drifting in the sky, problems pass by and life goes on...

That is, problems are not eternal, we can either wait it out or much preferably tackle it and thus claim our victory over it! If you have a definitive way to solve issues then please go ahead, ignorance

Let's just enjoy the brief moments of peace when we get any. Who knows when life decides to throw yet another obstacle...

and fear is not important and those will not truly solve the root cause of the problem. *Be courageous, be brave* and never falter in front of the unjust hypocrisy of the world.

Problems can play two roles— they challenge us individually and force us to introspect our life. While other issues force us to seek help from others and understand their perspective on the situation. The positive side is that this increases our ability to introspect and also enhances our social skills to make good use of the information provided by others. You might not realize but people you meet everyday can have some wise and surprising things to tell, which is revealed only when the appropriate moment arrives. Perhaps another positive aspect of issues is how it makes people share their deep thoughts, feelings which they would normally not share.

Therapy means medical treatment of physical or psychological wounds through therapeutic communication and listening to all issues that people are struggling with. Therapy has become increasingly important in the modern world due to a variety of issues. Individuals are seeking therapy to address difficulties as a result of increased awareness about mental health. Stressful modern lifestyles, demanding employment, and fast-paced living all contribute to mental health issues. Despite increased connectivity through technology, people frequently feel isolated and lonely, making therapy an important outlet for expression and support. Therapy becomes a place to process and achieve harmony in the face of exhaustion. isn't just for emergencies; it's also a proactive method for self-exploration and personal improvement. As therapy becomes more accepted in society, it is seen not only as a reactive but also a preventative approach for sustaining mental health. Individuals can obtain specialized treatment for specific needs, such as anxiety, depression, trauma, or relationship concerns due to therapists' specialization in various areas. Hence, therapy emerges as an important method for managing the challenges of modern life, providing support, resources, and insights to promote mental and emotional well-being.

It is wrong to think that therapy is only for depressed individuals, *therapy is for all*. Anyone who feels miserable and feels unheard can speak to a therapist to at least have someone who listens and also helps them solve issues. This is a method of healing, a way to adapt and heal emotional wounds. Therapy is not a sign that one is weak, it's a sign that one acknowledges the situation and wishes to improve themselves.

On the negative side, setbacks can adversely affect people thus inflicting sorrow and suffering even leading to hopelessness, depression or anxiety. People get through most problems but ones that cause emotional suffering are much more difficult to deal with. This can cause people to change their mind, change their character and increase wisdom and experience in one's life. One could choose to never trust any human again, always being pessimistic about the world and become antisocial **OR** one can choose to be wise, to read people's expression and behavior in order to distinguish between fake sympathy and those that truly care. ***Being able to distinguish and understand people's motives is important.*** That will let us form true and deep bonds with those who genuinely care about our goodwill. In the end, the choice is ours to be made. We can follow whichever path we feel is right. Always treat others the way you wish to be treated for in that harmony is achieved amongst all...

"Just because one person's problem is less traumatic than another's doesn't mean they're required to hurt less" -J.A. Redmerski

"Turn your obstacles into opportunities and your problems into possibilities."
-Roy T. Bennett

"The problem is not to find the answer, it's to face the answer" -Terence McKenna

"The whole problem with the world is that fools and fanatics are always so sure of themselves and wiser people so full of doubt." -Leah Wilson

You say I have strayed too far. You say that the world is full of war,

I had to think twice, Why can't people be more nice?

You say I am full of thought, unaware of the horrors wrought.

I say the answer is simple, You just couldn't see it right.

This world, the problems, the troubles all originate from the human mind. Creating overcomplexity instead of simplicity,
If only everyone can be direct and kind
That's the answer, be simple, Seek no more than you need.
Let your mind relax and thoughts settle,
Let's live a simple and beautiful life free from greed's claws. -Abhi

How human ego influences quotes

One of the unfortunate truths of the world is that a lot of people change the interpretation of wise quotes in order to justify their wrong behavior. *If famous people in the past said that then me following that cannot be wrong.*

Human ego can be a positive attribute that motivates one to achieve goals, express oneself, and assert one's identity. However, human ego often turns into a negative attribute that distorts one's perception of reality, creates conflicts, and prevents people from accepting their mistakes.

Quotes are concise expressions that convey wisdom, inspiration, humor, or insight. They are often stated by famous

or influential people such as philosophers, writers, leaders, or celebrities.

Quotes are intended to be a source of guidance, enlightenment, or contemplation for many people. However, quotes can also be misinterpreted, misused, or manipulated by human ego to serve one's own agenda .i.e justify one's actions or attack one's opponents.

I am sick of watching hypocrites distort the meaning of quotes for their own selfish reasons. Who will tell them this is another type of willful ignorance and not real wisdom?

One reason for this unfortunate truth is that **human ego tends to filter information through one's own biases, assumptions, and preferences.**

This means that people may selectively choose or emphasize certain parts of a quote that align with their existing views, while ignoring other parts that contradict or challenge one's views(Confirmation Bias). For example, "It's your life, do what you want" can be interpreted as a justification for selfish, narcissistic or evil or manipulative behavior but in truth, it is much more likely that the quote speaks about oppression. It speaks about how people are not allowed to pursue their own talents and desires and instead forced to do something else. The purpose of the quote is for people to acknowledge their freedom as an individual *and is not intended* to inflate the ego of cruel people.

Another reason why human ego bends the meaning of quotes is that human ego tends to project people's own feelings, thoughts, and intentions onto others. This means that people may assume that the author of a quote shares one's own perspective, values, or goals, without considering the possibility that they may have different or even opposite views, values, or goals. For example, one may quote Albert Einstein's famous words, "Imagination is more important than knowledge", to support one's own creative or innovative endeavors. However, one may disregard or misunderstand the context and the *purpose* of Einstein's quote, which was *not to dismiss* knowledge, but to emphasize the role of imagination in scientific discovery and problem-solving.

Another reason why human ego bends the meaning of quotes is that human ego tends to twist or distort the original or intended meaning of quotes to suit one's own purposes. This means that people may deliberately or unintentionally change, omit, or add words to a quote to make it fit one's own purpose. *Human ego is like a broken mirror. It shows only parts of the truth while hiding the true image. Showing only that which we want to see.*

Human ego can bend the meaning of quotes in various ways, such as by filtering, projecting, or twisting the information contained in quotes. This can result in misunderstanding, miscommunication, or misinformation, which can have **negative consequences for oneself and others**. Perhaps people don't notice but their negative behavior can and most likely will, adversely influence their family or friends. Therefore, it is important to be aware of one's own ego and its influence on one's interpretation and use of quotes. It is also important to be respectful and responsible when quoting others, by checking the accuracy, the context, and the intention of the quotes. By doing so, people can avoid selfishness and instead appreciate and learn from the wisdom and the insight that quotes can offer, as was originally intended.

"If you're serious about changing your life, you'll find a way. If you're not, you'll find an excuse." -Jen Sincero

"Everyone thinks of changing the world, but no one thinks of changing himself."-Leo Tolstoy

"Don't just learn, experience.

Don't just read, absorb.

Don't just change, transform.
Don't just relate, advocate.
Don't just promise, prove.
Don't just criticize, encourage.
Don't just think, ponder.
Don't just take, give.
Don't just see, feel.
Don't just dream, do.
Don't just hear, listen.
Don't just talk, act.
Don't just tell, show.
Don't just exist, live."-Roy T. Bennett

"The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking." -Albert Einstein

"Most misunderstandings in the world could be avoided if people would simply take the time to ask, "What else could this mean?""-Shannon L. Alder

"Check your ego at the door. The ego can be the great success inhibitor. It can kill opportunities, and it can kill success.-Dwayne "The Rock" Johnson

"Self-awareness is not self-centeredness, and spirituality is not narcissism.

"Know thyself" is not a narcissistic pursuit."-Marianne Williamson

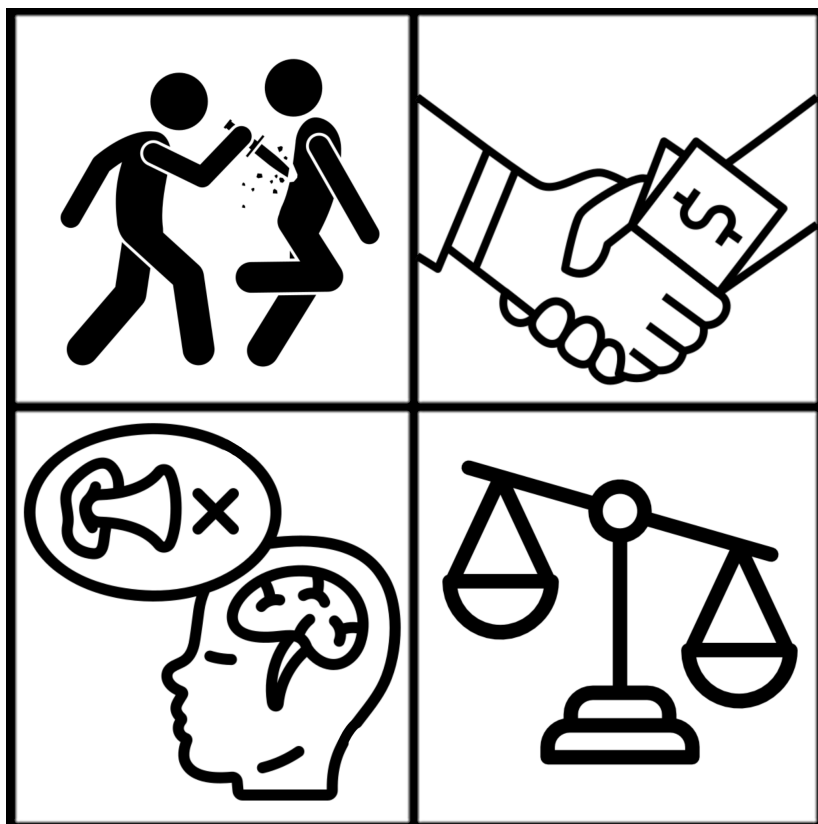
"I believe that the greatest gift you can give your family and the world is a healthy you."-Joyce Meyer

"Your negative behavior adversely influences your family. Do you really want to be the root of unhappiness in your family? Think about it." -Abhi

The four destructive evils of the modern world

Disclaimer: The concepts and ideas presented in this topic 'The four destructive evils, is entirely the creation of the author. They represent a new philosophical perspective developed through the author's unique experiences, insights, and rigorous intellectual exploration. While every effort has been made to present these ideas accurately and clearly, readers are encouraged to approach these new concepts with an open mind and the spirit of intellectual curiosity. As with any philosophical work, these ideas are intended to provoke thought and discussion, and the author welcomes diverse perspectives and interpretations.

The four destructive evils include: Betrayal, Corruption, Inequality and Willful Ignorance.



The icon of the four destructive evils (betrayal, corruption, Inequality and Willful Ignorance)

Betrayal:

Betrayal is the greatest sin for it comes not from strangers but from people who are trusted; could be friends, family or a partner.

Betrayal is the violation of a person's trust.

Backstabbing, telling a harmful lie, using people only to achieve selfish desires... All of these constitute betrayal. Perhaps the betrayer does not realize but their actions shattered the trust and worse still, it can inflict suffering far longer than the instantaneous feeling of broken trust. Even the oldest and closest friend can betray us, should their selfishness find it worth it...



Trust is the root of relationship or friendship, we place trust upon our close friends hoping that they would trust us too. Trust can take a long time to build but can be broken in just a moment... When trust is broken, the roots of the tree of friendship dies. Such a tree will easily be uprooted by the wind and thus, the relationship also breaks down. In this analogy, trust is the root and

relationship is the tree. The tree is kept stable by the roots but if the roots die then it is only a matter of time until the tree collapses. Relationships are kept stable by trust and when trust is shattered then it's only a matter of time until the relationship collapses.

Betrayal causes great suffering upon people who were deceived, though not everyone shows it but everyone is negatively influenced by betrayal. As for the one betraying, they may or may not even bother because they think they can simply find other people. What's worse is people finding bizarre excuses instead of admitting their betrayal. Yes, sadness is inevitable but if the other person feels not one ounce of regret or is faking regret then it's time to be strong and move on. Moving on is much better than sticking to a toxic relationship. After all, betrayal is worse than regret.

Such adverse experiences are bound to leave bitter feelings and can even make people not want to trust anyone again... but don't lose hope. There will be people who genuinely care about you and will genuinely help you, search for clues and find out who is actually good. This time, the relationship/friendship will be much more stable and perhaps farewells can happen but still *farewell is much much better than betrayal...*

If you wish to not continue a friendship or relationship then it's better to fade away or to resolve matters peacefully. Betrayal and backstabbing is the worst way to ruin a bond.

"To betray you must first belong" -Harold Philby

"It is easier to forgive an enemy than to forgive a friend." -William Blake

"*"It was a mistake,"* you said. But the cruel thing was, it felt like the mistake was mine, for trusting you." -David Levithan

"If you spend your time hoping someone will suffer the consequences for what they did to your heart, then you're allowing them to hurt you a second time in your mind." -Shannon L. Alder

"Everyone suffers at least one bad betrayal in their lifetime. It's what unites us. The trick is not to let it destroy your trust in others when that happens. Don't let them take that from you." -Sherrilyn Kenyon

"To me, the thing that is worse than death is betrayal. You see, I could conceive death, but I could not conceive betrayal." -Malcolm X

"Betrayal is the greatest sin." -Abhi

Corruption:

Corruption is the abuse of public power for private gain, bribery is the offering of undue benefits to influence the behavior of people, and nepotism is the favoritism shown to relatives or friends in the allocation of job opportunities. These are evils which undermine the principles of democracy transparency and meritocracy, and increase impunity, inequality, and injustice in the world. Such acts are often caused due to weak institutions and regulatory frameworks, lack of oversight and enforcement mechanisms, political interference, social norms and expectations, and low levels of education and awareness. To those who are corrupt, this is but an opportunity to satisfy their greed and abuse their authority. To the other people, this is severe injustice and inequality for something which they have no control over. The people don't deserve such suffering but what can they do?

Sit around and hope the corrupt person is removed? Perhaps... but better still, be strong, be wise and form groups of supporters! A single person may be turned down but a huge group acting against one corrupt person? They stand no chance. They will be defeated for sure!

That's the thing, people wait for miracles not knowing they themselves possess the power to change how things work. All they need is cooperation, proper planning and courage! If they can do this then they will be unstoppable! *For people deserve justice and if justice is not given then it must be taken!*



The thing about nepotism is that it promotes inequality... People should be chosen based on their talents and skills, not based on their friendship with people who have authority. The solution to this would be a strict and more stable regulatory framework with severe punishment for those who dare to commit corruption. The fight against corruption requires a collective and sustained effort from all people and sectors and a determination to the principles and values that ensure social justice.

“Whoever fights monsters should see to it that in the process he does not become a monster. And if you gaze long enough into an abyss, the abyss will gaze back into you.” -Friedrich Nietzsche

"I will not let anyone walk through my mind with their dirty feet." -Mahatma Gandhi

"The surest way to corrupt a youth is to instruct him to hold in higher esteem those who think alike than those who think differently." -Friedrich Nietzsche

"One of the saddest lessons of history is this: If we've been bamboozled long enough, we tend to reject any evidence of the bamboozle. We're no longer interested in finding out the truth. The bamboozle has captured us. It's simply too painful to acknowledge, even to ourselves, that we've been taken."

-Carl Sagan

"Power does not corrupt. Fear corrupts... perhaps the fear of a loss of power."

-John Steinbeck

"The more corrupt the state, the more numerous the laws."

-Tacitus

"Wherever there is power,greed and money, there is corruption" -Ken Poirot

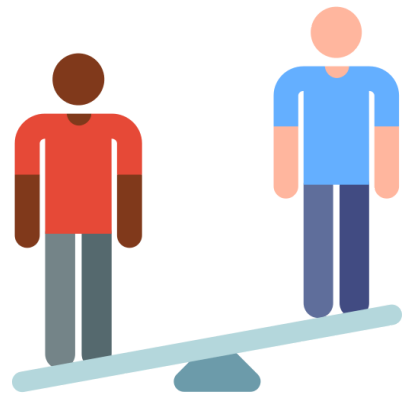
Inequality:

When we are young we are taught to be kind and treat everyone equally in school...but as we grow older people are not as kind and do not treat all as equals. One could say that innocence and the lack

of knowledge made us kinder and more equal to everyone at an early age and as we grow up, we treat people differently. Yes, that is true but the equality I seek is not the naive nature of trusting everyone equally because as previously stated, even old friends can betray should their selfishness find it worthy. What I seek is equal opportunity to be provided to all without any prejudice based on

anyone's physical appearance or based on their social status.

One person works hard all their life to get a good university or a good job but is refused because of their social status? While another person less hardworking and less talented gets selected because of their better social status?? This is illogical and completely unwise. Everyone should be provided equally good education to receive equally good opportunities to then be employed based on their own skills! Not based on their status.



The privileged side may refuse to acknowledge it but the inequality is benefitting them so they don't speak against it. The other side however, has to

suffer due to the prejudice and social inequality. This is illogical, people should not suffer because of something they cannot control... but what? Keep suffering unnecessarily because 'it is what it is'? **NO**. There is strength in numbers, if people agree to co-operate and work together then they can work to enforce a more just society. This does not necessarily mean rioting but just...working together to pursue and enforce better equality in opportunities. Perhaps complete equality in human society is impossible but we can certainly have it better than now, we must pursue and work it together.
Together we can change, together we can improve.

“When you don't have equality of opportunity because you don't have equal access to education, it just seems so outrageous. It weakens our economy and leads to more inequality.” -Joseph Stiglitz

“As long as poverty, injustice and gross inequality persist in our world, none of us can truly rest.”-Nelson Mandela

“As long as inequality and other social problems plague us, populists will try to exploit them.” -Kofi Annan

“What are we having this liberty for? We are having this liberty in order to reform our social system, which is full of inequality, discrimination and other things, which conflict with our fundamental rights.”-B. R. Ambedkar

“Inequality is a matter of choice. It's the rules and the policies we put together”
-Joseph E. Stiglitz

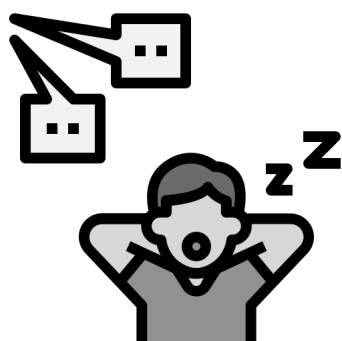
Willful Ignorance:

Willful Ignorance means choosing to not learn or acknowledge certain facts simply because it stands against what we *want* to believe. This is a type of self-deception that allows people to maintain their existing views and avoid cognitive dissonance, the uncomfortable feeling when people are confronted with conflicting evidence or arguments. Willful ignorance can have negative consequences for oneself and others, as it can lead to irrational decisions, biased judgments, and harmful actions²⁶.

So many problems in society originate from the fact that most people refuse to acknowledge the complete truth. If more people tried to be wiser then everyone will have lesser issues to deal with and this would ultimately benefit

²⁶ People can be willfully ignorant about their heinous acts which inflicted suffering. In order to avoid responsibility, people simply pretend as if they didn't commit evil.

everyone. Alas! They will avoid the truth until something dramatic happens in life at which point, the situation forces them to acknowledge the facts. To avoid the truth, people can try ignoring sources, distorting evidence, rationalizing or justifying their own position, attacking or ridiculing opposing views and simply refusing to learn. They think that knowing more will create internal conflict with information which they had for so long... The truth of the world is that most humans would stick to their principles throughout life. The faulty human brain makes this worse due to confirmation bias. They will refuse to accept the complete truth until and unless some dramatic event takes place which forces a drastic change in themselves.



Willful ignorance is like wearing blinders on a horse. It blocks out the peripheral vision and prevents the horse from seeing the whole area. It may make the horse feel more comfortable and focused on the road, but it also makes the horse more vulnerable and unaware of the potential dangers and opportunities around it.

“Humans see what they want to see.”

-Rick Riordan

“We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light.”-Plato

“There are two ways to be fooled. One is to believe what isn't true; the other is to refuse to believe what is true.”

-Soren Kierkegaard

“We are all born ignorant, but one must work hard to remain stupid.”

-Benjamin Franklin

“The hardest thing to explain is the glaringly evident which everybody has decided not to see.” -Ayn Rand

“People are stupid. They will believe a lie because they want to believe it's true, or because they are afraid it might be true.”-Terry Goodkind

“But you can't make people listen. They have to come round in their own time, wondering what happened and why the world blew up around them. It can't last.”-Ray Bradbury

The grand philosophical questions

Disclaimer: The answers to the following topics are based upon the thoughts of the author and may not necessarily be the fundamental truth of the universe. Readers are encouraged to explore these topics further and form their own conclusions.

What is the meaning of life?

This is perhaps the fundamental question of philosophy, the root of philosophy itself, what is the meaning of life? And how do we live a good life?

Ikigai ('a reason for being') is a Japanese concept referring to something that gives a person a sense of purpose, a reason for living. Ikigai can be described as having a sense of purpose in life, as well as being motivated. It usually means the feeling of accomplishment and fulfillment that follows when *people pursue their passions*. The feeling of Ikigai is developed by the person themselves in their own mind and they can choose to follow whichever path they feel is right for their life.

Japanese medical tradition holds that physical wellbeing is affected by one's mental-emotional health and sense of purpose in life. Japanese psychologist Michiko Kumano has said that ikigai is a state of wellbeing that arises from devotion to activities one enjoys, which also brings a sense of fulfillment in their lives.

I feel that *life is like a piece of paper, it has no inherent meaning*, the contents on the paper give it meaning. In other words, **one's experiences and hopes give meaning to life**. I believe the purpose of life is to use one's own talents and skills to help the world and reduce the sufferings of human life. When people use their talents for the good of others, it acts as a boon not only for themselves but also upon those that receive the help.

To some the meaning of life is the opportunity to see and learn something new, to others it was about random acts of kindness during tiring times and in other times, it was about fun and pleasure. Whatever the reason may be, everyone has something to appreciate & that provides significance to life...

“Life has no meaning. Each of us has meaning and we bring it to life. It is a waste to be asking the question when **you are the answer**.”

-Joseph Campbell

"It does not matter how long you are spending on the earth, how much money you have gathered or how much attention you have received. It is the amount of positive vibration you have radiated in life that matters"

-Amit Ray

"Learn to light a candle in the darkest moments of someone's life. Be the light that helps others see; it is what gives life its deepest significance."

Roy T. Bennett

How to live a good life?

Work to help those in need and be sure to believe in yourself and your abilities. Cut out negative self-talk and look for ways to stay positive and self-encouraging. This is because self care is essential to remain happy in life and the harsh reality is, endurance and perseverance is also essential... Life is hard, setbacks are inevitable and the world is complicated... but you need not lose hope, be courageous and be patient. There will be storms, lots of storms but if your dedication is deeply rooted in your mind then nothing shall topple you over for the roots provide stability, this stability helps enforce balance in life.

If you are not feeling good about life then be sure to share your thoughts with your close friends or with a professional therapist, suppressing emotions is like a volcano. Emotions will build up under the surface and ultimately explode in a catastrophic way. This is another reason why having good friends is important, people who truly listen and truly try to help are like gems which can sparkle light into your life ✨

"I don't believe people are looking for the meaning of life as much as they are looking for the experience of being alive." -Joseph Campbell

"Morality is not just any old topic in psychology but close to our conception of the meaning of life. Moral goodness is what gives each of us the sense that we are worthy human beings." -Steven Pinker

What is the nature of reality?

The common understanding of reality is everything in the universe, known or unknown. If something physically exists then it's real.

Ofcourse, science and astronomy have studied the universe for a long time to determine the past, present and future of the universe. If astronomy is concerned then the big bang is the origin of *reality* and what we see and know

is a result of billions of years of change in the cosmos. One could also consider birth to be the origin of *our reality*. Our knowledge and experience was gained after birth and hence we can say that birth is the start of our existence. In this case, death is the ending of our reality. That moment we cease to exist, we become history.

Of course, the nature of reality is a contentious issue in philosophy.

Personally, I doubt that humanity can ever comprehend the nature of reality, so let us simply enjoy our journey as it is...

What is the meaning of philosophy?

The meaning of philosophy is to contemplate deep questions about life of course!

Though if you ask me, I feel the meaning of philosophy is to increase wisdom amongst humanity. The purpose of philosophy is to help as many people in their lives as possible. It is the pursuit of wisdom, wisdom which makes people better understand the vast complexities of life, wisdom which helps create better relations, to sustain healthy relations and to have as little regret throughout one's existence. One's philosophy changes over time, the thoughts we agree during teenage could be different to what we feel as adults. Our opinions change based on our experiences with life and this is perhaps why adults are less optimistic about life than children.

Philosophy is like a vast uncharted ocean. Just as the ocean has an incredible depth with diverse marine life, philosophy has a profound depth with diverse thoughts and ideas. The way a sailor navigates the ocean using a compass and map, a philosopher navigates through philosophy using logic and reasoning. Sometimes, the waters can be calm and serene, reflecting clear, well-established philosophical ideas. Other times, the waters can be rough and stormy, reflecting complex, controversial philosophical debates. Despite the challenges, the journey through the ocean of philosophy often leads to valuable insights and understanding, much like the sailor who discovers new lands. In the end, **the goal isn't to conquer the ocean, but to respect its depth and diversity, and *appreciate the journey of exploration*.**

Why are we afraid of our own feelings?

One important question I would pose in philosophy is, why are we so afraid of our own feelings? We are taught not to cry, to "*toughen up*" and "*grow some*

thicker skin". And yet, we are also taught to be happy, and to feel joy and love. But what about these scary feelings like anger, fear and sadness? What about the complicated feelings that exist in between? What about these feelings that are too big to name? I think the most important philosophical question is, why are we so scared of the parts of ourselves that are hardest to love?

I believe the reason is the fear of our own flaws, we assume we can do a lot and we are great but truth is, humans are not emotionally dead. Humans have consciousness, a mind which can think complex thoughts and desires and after all that, we are not perfect. We cannot do everything and we can only tolerate so much... at some point the mask will break and emotions will take over us.

Another reason is that our brains are wired to fixate on criticism as a survival mechanism. Criticism, including self-criticism, tends to have a more significant impact and lasts longer than praise. This can make us hyper-aware of our flaws and lead to fear or avoidance about them.

It's important to remember that **everyone has flaws** and that they're a normal part of being **human**. Embracing our flaws can lead to personal growth and self-acceptance, for self actualisation is not the impossible goal for perfection but rather the will to become the best version of our own self.

What is the nature of morality and ethics?

What makes a certain act good and another act bad. How can we know who is a good person and who is a bad person?

These are some questions which have troubled philosophers for centuries and are open for debate.

I believe that any intentional action which directly or indirectly caused any form of harm(physical or emotional)to others is bad. Especially if the other person did not do anything to offend the perpetrator. However, if attempts were made to harm or bring down an evil hypocrite then it's a good cause for it is karma.

Any action which does not intentionally bring any form of harm upon others can be considered neutral. Any action which truly helps and improves other's condition can be considered good.

This is a rather complicated topic because any act of philanthropy is logically good but what if the person has ulterior or selfish motives behind that

kindness, in this case the person is emotionally manipulating the people. Can such an act be really considered good? It technically helped people but it was done with bad intentions. Isn't this a bad thing to do?

Then there are many who seem evil but have good intentions. Isn't such a person good despite having the wrong method of conduct? But what is to say the person isn't gaslighting and is in fact an evil manipulator.

So, anyone who does not fit the general understanding of good and is an evildoer is bad. While someone who is actually kind, has empathy for others and wishes for the goodwill of people is a good person.

Our cultures, experiences, beliefs, and values shape our morality and ethics. They are influenced by norms in society, religious beliefs, and personal choices. Morality is characterized by the ideas and values of individuals and communities. What is accepted or right in one location may be judged immoral or unethical in another.

“When a man is penalized for honesty he learns to lie.” -Criss Jami

“Waste no more time arguing about what a good man should be. Be one.”

-Marcus Aurelius

“To educate a person in the mind but not in morals is to educate a menace to society.”

-Theodore Roosevelt

“Hypocrisy is the homage vice pays to virtue.” -Francois de La Rochefoucauld

What is the nature of the self?

This question refers to human consciousness. We are a collection of memories, thoughts and emotions that shape our character and identity. Our sense of self is forged through our interactions with others, our environment, our beliefs and our values. We are a product of our past, but also have the capacity to create our future through our choices and actions.

Our mind and our personality can be considered as *our self*.

It's our character, our behavior which makes us be *us*.

Exactly how the human consciousness works is complicated, even neuroscience is not completely certain about the processes and workings of the human mind. One thing is true, kindness, empathy and concern is formed when we move beyond ourselves and take in a wider understanding of the world around us.

Human consciousness is like a flashlight in the dark. It illuminates a small and selective area of the vast and unknown reality, and allows us to perceive and explore the objects and events within it. However, it also leaves a lot of things in the shadows, unknown and beyond the knowledge of human beings.

“People will do anything, no matter how absurd, in order to avoid facing their own souls. One does not become enlightened by imagining figures of light, but by making the darkness conscious.” -Carl Jung

“When we quit thinking primarily about ourselves and our own self-preservation, we undergo a truly heroic transformation of consciousness.”-Joseph Campbell

How do we achieve happiness?

Happiness is the state of being content or joyful.

According to Aristotle there are four levels of happiness: happiness from immediate gratification, happiness from comparison and achievement, happiness from making positive contributions, and happiness from achieving fulfillment. These levels of happiness correspond to different sources and durations of happiness, ranging from short-term and superficial to long-term and profound. Aristotle was a Greek philosopher who wrote extensively about happiness and its relation to virtue and wisdom. According to Aristotle, happiness is not a feeling or a state, but an activity.

For most people happiness is the ultimate goal and purpose of human life, and it is achieved by fulfilling one's potential(self actualization). Happiness is not something that can be obtained by luck or by external factors, but something that depends on each individual's own choices and actions. Happiness is not the same for everyone, but varies according to each person's character and situation.

I believe true happiness in life is not a temporary emotion that fades away with time or circumstances, but a lasting and profound joy that fills our hearts and minds with peace and satisfaction. This joy comes from living a virtuous and meaningful life that aligns with our talents and passions, and allows us to become the best version of ourselves. A meaningful life is that which pursues goals and purposes that give us a sense of direction and fulfillment, and that contributes to the well-being and happiness of ourselves and others. We can

achieve true happiness that is not dependent on external factors, but on our own inner state of being(inner peace).

What happens after death?

We don't know!

But if I were to speculate, death is not the ultimate doom but rather, death is the one thing equal to all life in the world. *Death is scary but death is also peace*, after death there will be no mundane things to worry about and there will no longer be any suffering. It is nice to think about heaven and hell but I feel that *life is both*. When we experience peace and joy that is heaven... and when we experience injustice and suffering for no reason, that is hell.

What makes someplace more hellish? When we are mistreated,face injustice,face inequality or discrimination or oppression for no logical reason, that place we perceive as hell.

What makes someplace heavenly? When we are well treated, things turn out well just as we wished it would, people are just and we are supported to follow our passion. That place we perceive as heaven.

People who are kind,helpful and generous are real life angels, people who offer help and support are real life heroes. People who intentionally spread hatred and suffering upon others are real life devils. People who manipulate and betray for the sake of their own selfishness are the real life villains.

"Don't search for heaven and hell in the future. Both are now present. Whenever we manage to love without expectations, calculations, negotiations, we are indeed in heaven. Whenever we fight, hate, we are in hell." -Shams Tabrizi

"Hell is empty and all the devils are here." -William Shakespeare

"The mind is its own place, and in itself, can make heaven of Hell, and a hell of Heaven." -John Milton

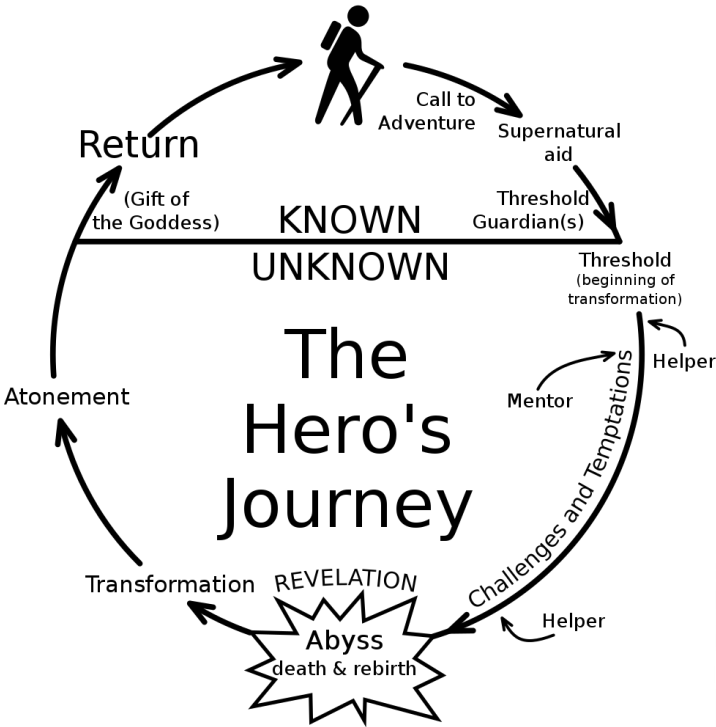
The Samsara of life

The Circle of Life represents the infinite continuity and unity of life. It symbolizes the cyclical nature of existence, where birth, growth, decay, and death are all interconnected stages in the journey of life. Basically, it is the cycle of birth,death and rebirth. Also called the cycle of reincarnation.

The Circle of Life suggests that we begin at the end and end at the beginning. This signifies that throughout our lives, we have been living in a complete circle. It doesn't matter how big or small the circle is, everyone ends up the same. This concept is often associated with the idea of eternal recurrence, a theory found in various religions and philosophies, which posits that the universe and all existence are perpetually recurring.

The Circle of Life also resonates with the philosophical concept of 'becoming', as opposed to 'being'. The ancient Greek philosopher Heraclitus famously said, "No man ever steps in the same river twice", implying that life is constantly changing and we are continually becoming. This aligns with the Circle of Life, which emphasizes the dynamic and ever-changing nature of existence. Moreover, the Circle of Life is closely related to the concept of **Samsara**("cycle of aimless drifting, wandering or mundane existence") in Eastern philosophies, particularly in Buddhism, Hinduism, and Jainism. Samsara refers to the cycle of birth, death, and rebirth, symbolizing the continuous and repeating cycle of life. This cycle can trap souls in the meaningless illusions and distractions of the world, often trapping one to use external means to temporarily escape from the sufferings of this trap. Not realizing that a peaceful state of mind can reduce or bring an end to the cycle of life and rebirth. Achieving freedom from this cycle is a spiritual pursuit and the achievement is called Mukti, Moksha or Nirvana.

The hero's journey(monomyth) is a similar concept which also involves the cycle of life and death. However in the monomyth, the hero is revived or attains the ultimate power to help others. This isn't exactly rebirth because during rebirth, the person starts anew not knowing what happened before or after death. In narratology, the hero's journey is the common template of stories that involve a hero who goes on an adventure, is victorious



in a decisive crisis, and comes home changed or transformed. This narrative style has been adopted by many works of literature as well as video games.

The circle of life can be compared to the changing seasons. Just as each season has a distinct role on Earth, each stage of life has its unique place in the circle of life.

Spring, with its blooming flowers and newborn animals, symbolizes birth and the beginning of life. This is akin to infancy and childhood, where everything is new, fresh, and full of potential.

Summer represents the energy and vibrancy of youth and young adulthood. It's a time of growth, exploration, and learning, much like the long, warm days of summer.

Autumn reflects the maturity and wisdom that comes with middle age. It's a time of harvest, where the fruits of earlier labors are gathered, much like the achievements and experiences we accumulate in our adult lives.

Winter symbolizes old age and the end of the life cycle. It's a time of rest and reflection, much like the quiet, peaceful days of winter. But even in the midst of winter's chill, the promise of spring's renewal lingers, reminding us that the circle of life continues.

In this way, the changing seasons beautifully illustrate the circle of life, each with its own time, purpose, and beauty. One could say that Spring(childhood) is better than winter(old age) and maybe that's true but change is the law of nature and each stage has beauty in their own various ways.

Many cultures believe that the cycle of life, death and rebirth is infinite and cannot be broken, others believe that humans can indeed break free from the Samsara through good karma, goodwill and true devotion to the divine. Some may believe that the cycle has an end but humans just don't know how while others might completely disagree with the idea of Samsara and believe that we only live once.

The cycle of life, death and reincarnation has been a prominent philosophical topic throughout the centuries. Perhaps humanity may never fully understand rebirth but is still a topic worthy of great contemplation.

“Drinking is an emotional thing. It joggles you out of the standardism of everyday life, out of everything being the same. It yanks you out of your body and your mind and throws you against the wall. I have the feeling that drinking is a form of suicide where you're allowed to return to life and begin all over the next day. It's like killing yourself, and then you're reborn. I guess I've lived about ten or fifteen thousand lives now.”

-Charles Bukowski

“Samsara is the mind turned outwardly, lost in its projections. Nirvana is the mind turned inwardly, recognizing its true nature.”

-Sogyal Rinpoche

“Searching outside of you is Samsara (the world). Searching within you leads to Nirvana.” -Amit Ray

“To go beyond samsara and nirvana, we will need the two wings of emptiness and compassion.

From now on, let us use these two wings

to fly fearlessly into the sky of the life to come.” -Dilgo Khyentse Rinpoche

As we near the end of this book, I truly hope this journey was truly thought provoking and helped all the readers to gain insight and develop a better understanding of human life and wisdom.

There were undoubtedly moments when readers disagreed with the text and moments when they felt heard and understood but one thing I do hope, everyone had something new to learn. Be it a small fact or a grand theory or someone whose name was not well known. If opportunity presents itself then be not afraid to learn something new...

The journey of philosophy is not about finding definitive answers, but about asking the right questions. Let wisdom be our guiding lights as we continue on this journey, towards a better, more happy life for ourselves and for others.

Thank you and may you be blessed with the wisest thoughts and kindest wishes.

In the dawn of Spring, we start anew,
Fresh wisdom like morning dew.

Understanding begins, a seedling grows,
In the garden of our mind, new thoughts arose.

Summer's sun brings warmth and light,
Wisdom grows with all its might.
Experience had, skills refined,
In the heart and in the mind.

Autumn leaves fall, and so we find,
Change is the law of life, oft unkind.
Old notions shed, new thoughts align,
In the cycle of life, by design.

Winter's cold winds, a time to rest,
Reflect on what we've learned best.
Wisdom gained, insight earned,
In life's book, another page turned.

Let us flourish, like a tree standing tall,
In the garden of wisdom, answering life's call.
Let us play our part, lend a helping hand,
And trust the journey, however unplanned.

-Abhi

BIBLIOGRAPHY

The following are the citations used in this book.

Section 1 of the book(Introductory section) is written by author Abhi.

Section 3 of the book(Philosophy of Balance & the Complexity paradox) is written by author Abhi with some reference from wikipedia. The four destructive evils and later topics is written purely by the author.

Section 2(History of Philosophy) is from wikipedia,including the photographs of the philosophers.

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